



Weight Watchers: The Ultimate Weight Watchers Guide To Lose Weight, Boost Metabolism & Feel Great! (weight watchers smart points, weight watchers cookbook, ... weight loss for beginners, simple start)

Alexis McArthur

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Weight Watchers

The Ultimate Weight Watchers Guide To Lose Weight, Boost Metabolism & Feel Great!

Losing weight is one part organization, one part inspiration. It's one thing to know how to lose weight. Perhaps just as important is a belief that we can—and will. As you will see in this eBook, belief is at the very core of the Weight Watchers experience. Attend any meeting and you cannot help but feel motivated by women and men who have successfully shed weight—and kept it off.

Incredibly, change found me the day I stepped into my first Weight Watchers meeting. All around me were people who were excited about success. Our leader was a glowing success story, of course. But so were the Lifetime Members in the room and also those still working toward their goals.

What I love about this book is that it captures the amazing spirit of a Weight Watchers schedule. I promise you, reading these chapters will motivate you, too! Everyone loves a dramatic weight-loss guideline and you have some terrific ones here. Follow and adhere to the following tidbits as covered in the book and you will smile your way to feeling healthy and great:

Main chapters are:

- Fundamental information about weight watchers
- Good fats do not actually mean fattening
- Ways to manage our food cravings
- The secrets of green tea
- Weight watchers with clean eating diet
- Work-outs/exercises for weight loss

You will see that weight-loss success isn't just about losing. It's also about gaining, in terms of improved

self-esteem, better health, and a renewed joy for living. Losing weight can be an empowering, life-changing journey. We often hear that being overweight is a symptom that other things may not be quite right. We see this time and again in these pages, and it's encouraging to see what can happen when the mind, body, and soul finally come together in harmony. Provided with the right program and the best support possible from this book, you cannot not help but succeed.

The book's title, *Weight Watchers*, says it all. Make the changes you can live with and you will lose weight. What's more, the experience will transform you from the inside out. I hope you will find inspiration and wisdom in this wonderful book.

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Richard Kowalski:

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