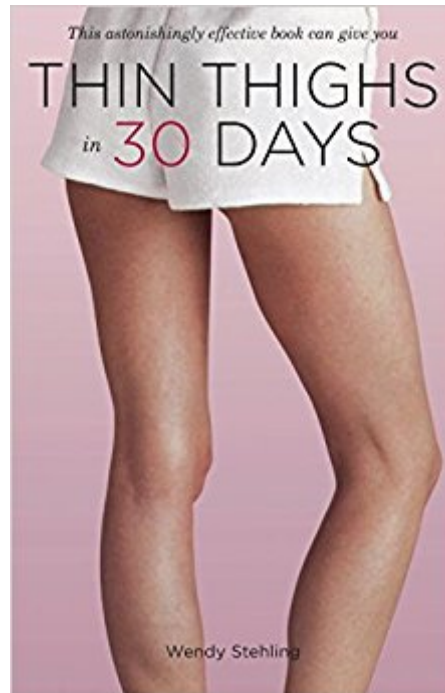




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Thin Thighs In 30 Days



Synopsis

A revised and updated edition of the New York Times- bestselling diet and fitness classic. Wendy Stehling, a former advertising executive, crafted this astonishingly effective program after polling all the many models and dancers she worked with on a daily basis as to how they achieved and maintained their enviable slender thighs. One of the simplest and smartest diet/fitness thigh-trimming methods known to womankind. The Thin Thighs in 30 Days singular, three-pronged approach consists of: *The Work-Off: six essential leg exercises to be performed each day for thirty days *The Walk-Off: a brisk walk to be taken each day for thirty days *The Weight-Off: a calorie-counting program to be followed each day for 30 days And the results? They're indisputable! Fully revised and updated according to the latest in diet and fitness research, and with new leg exercises that pack even more fat-busting, muscle-toning punch, this new edition of Thin Thighs in 30 Days is destined to inspire a whole new generation of women to believe that they too can have thin thighs in thirty days.

Book Information

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Customer Reviews

Wendy Stehling is a former advertising executive. She lives in Providence, Rhode Island. --This text refers to an out of print or unavailable edition of this title.

I had bought a copy a while ago and misplaced it, so making sure I hand on to this copy. If you follow the guidelines, and they are not difficult you will see and feel results. For me not wanting to go

the next size up when everything was getting tight. It worked before, and I know it will work again. Sometimes when you are so tired and drained , you can't do big workouts. This I could do. Definitely a worthwhile book

I have been a fan of this book since the original in 1982. I purchased this copy as a kindle to save a tree. That said, I really enjoy this version and will be ordering a printed copy as well. That will allow me to use the included tape measure and diaries. Thanks for the different levels of your program.

Thought you were displaying the original version since the cover was identical. Quite disappointed in this book. Exercises aren't as detailed as the original. Too costly to return.

This is the second time I've owned this book as it is informative, thorough and if you follow its instructions and exercises, you will have thin thighs in 30 days.

Great exercises.

I used this workout routine when the book originally came out. It's a life changer -- and it really gets you into amazing shape!

I love, love, love this book. I used it after my girls were born and got fantastic results. I was so happy to find it here. I hope now that I just turned 50 I will get the same results.

I am always looking for better ways to improve myself. This is a helpful guide that I haven't finished yet, but am looking forward to applying it to my life

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