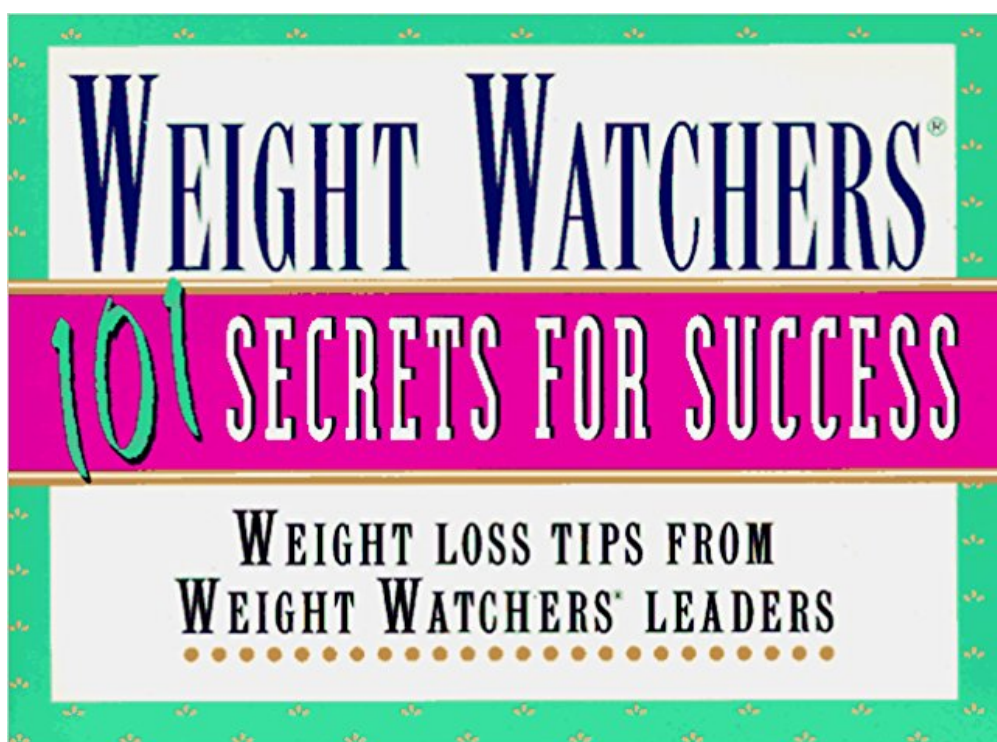




The book was found

Weight Watchers 101 Secrets For Success: Weight Loss Tips From Weight Watchers Leaders



Synopsis

Weight Watchers leaders -- the men and women who run Weight Watchers meetings -- are success stories; they have all lost weight, and kept it off! Their tried-and-true, in-the-trenches tips for weight loss and maintenance are pithy and to the point, and most important, they work! This book will make you laugh and nod your head in recognition, and keep you on track when hot fudge sundaes beckon.

Book Information

Series: Weight Watchers (Book 24)

Paperback: 112 pages

Publisher: Wiley; 1 edition (December 8, 1995)

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Product Dimensions: 4.5 x 0.3 x 6 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 2.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #708,645 in Books (See Top 100 in Books) #107 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1307 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #53207 in Books > Medical Books

Customer Reviews

This book is great for anyone on the weight watchers program. It's informative and motivational. It provides the guidance you get at the meetings in the privacy of your own home. I would recommend it to anyone.

Another case of if I saw this in a book store I wouldn't have bought it. Each page is a one liner, many of the ideas are duplicated (I would say at least 20% of the tips all say: Exercising is a good idea). I expected more practical tips and instead a lot of "tips" were just inspirational thoughts like: "if you think you can do, then you can do it". Not to say that there weren't one or two ideas that were useful, but certainly not 101 of them. I was able to read the whole book in under 15 mins.

This book was sent as a free gift when I ordered a cookbook through the mail. I'm glad it was free because I nearly threw it out! I later sold it at a garage sale. Each page is a one line quote from

various Weight Watchers leaders, members, etc. It's a nice idea, but not a very helpful tool. Very out of character for Weight Watchers, as their cookbooks are all wonderful!

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