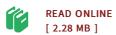# Slim for Life: My Insider Secrets to Simple, Fast, and Lasting Weight Loss

By Jillian Michaels

Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. Stop battling your weight and slim down for life with this no-nonsense, insider s plan from America s health, wellness, and weight-loss guru: Jillian Michaels. She has helped millions lose weight and feel great, and now she can help you, too. Bestselling author and Biggest Loser trainer Jillian Michaels swore she d never write another diet book. But she realized that with all of the conflicting, overly complicated information being thrown at you each day, what you need is a clear, simple plan that cuts through all the confusion to deliver amazing results, fast. This book distills all she s learned about diet, fitness, and a healthy lifestyle to provide anyone seeking to be slim, strong, and healthy with an easier path to achieving dramatic body transformation. You ll learn to: * Utilize Jillian s insider secrets for optimizing your fat-burning potential * Dispel myths and avoid diet trends that will damage your metabolism and make it harder for you to lose weight * Banish self-sabotage, build support, and cultivate lasting motivation * Navigate and circumvent every possible pitfall...

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