



Suzanne Somers' Fast and Easy: Lose Weight the Somersize Way with Quick, Delicious Meals for the Entire Family!

By Somers, Suzanne

Crown Archetype, 2002. Book Condition: New. Brand New,

Unread Copy in Perfect Condition. A+ Customer Service!

Summary: "In the past when I had dieted, I felt starved, but with Somersizing, I felt completely satisfied. If I ever was hungry, I ate without counting calories or doing portion control, and I still lost weight. Now, 2 years later, I am proud to say I have lost 81 pounds. My 'diet' food was also so good that the entire family wanted to eat it. Thanks to this program, I have succeeded beyond what I had dared to dream." Mary S. Barrett "One year after my son was born, I was still 50 pounds overweight and wearing maternity clothes, miserable and disgusted with myself. Changing my eating habits seemed to be too much of a struggle. But losing weight was easy with the Somersize program! I've dropped 40 pounds and have more energy than ever before. And considering the fantastic meals I am able to prepare for my family, we never feel deprived. I'm so glad we're Somersizing together. We are healthier and happier for it." Janet Mikealson-Lenox "The Somersize program was a revelation for me. I used to be the microwave queen. If...



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