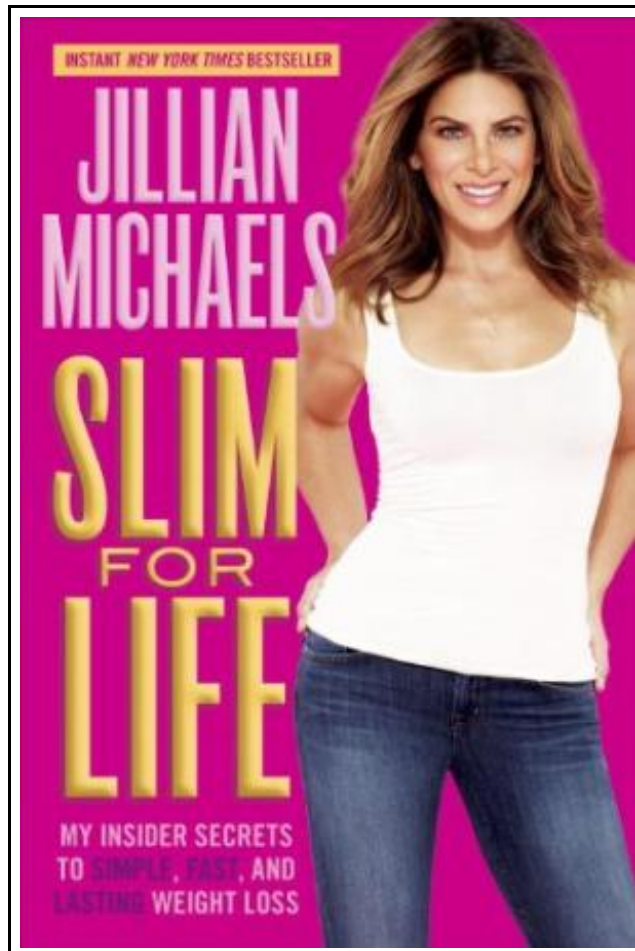


## Slim for Life: My Insider Secrets to Simple, Fast, and Lasting Weight Loss



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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 presented by any situation or circumstance you could come up against from weight-loss plateaus to travel, budget, and time constraints \* Eat, move, and live in manageable, and even enjoyable, ways that facilitate a slim, sexy physique \* Supplement strategically, manage stress, and even purchase the proper home and beauty products all to help ignite your metabolism No nonsense, no gimmicks, just actionable advice that gets incredible results fast!.



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