



Weight Watchers Start Living, Start Losing: Inspirational Stories That Will Motivate You Now (Hardback)

By Weight Watchers

Turner Publishing Company, United States, 2008. Hardback. Book Condition: New. 240 x 162 mm. Language: English . Brand New Book. Many of us have struggled with getting a grip on eating, exercise, or health habits, breaking the yo-yo diet cycle, or overcoming a complicated relationship with food. Now Weight Watchers, one of the world's leaders in providing weightloss information and services, opens its doors so readers everywhere can read the motivational stories of people who ve lost weight successfully-and changed their lives along the way. Start Living, Start Losing shares 100 stories of everyday people and celebrities who reveal in compelling, moving, and sometimes humorous detail their journeys toward slimming down.



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