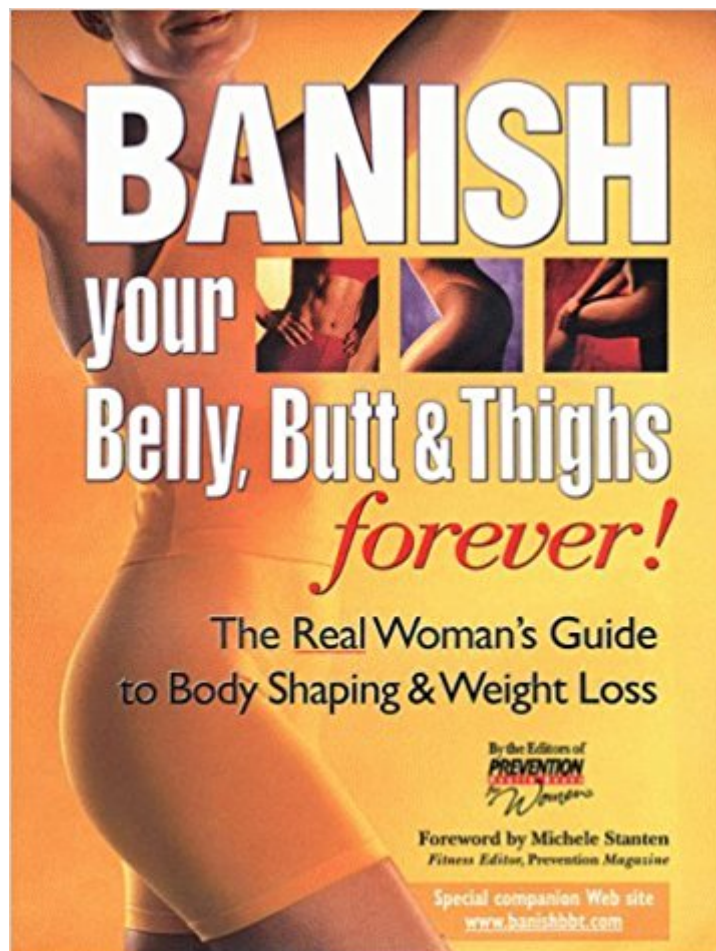




The book was found

Banish Your Belly, Butt And Thighs Forever!: The Real Woman's Guide To Body Shaping & Weight Loss



Synopsis

For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spot regardless of how hectic a life you lead. Banish Your Belly, Butt, and Thighs Forever! provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future.

Book Information

Hardcover: 342 pages

Publisher: Rodale Books; 1 edition (April 1, 2000)

Language: English

ISBN-10: 1579540368

ISBN-13: 978-1579540364

Product Dimensions: 8.5 x 1.1 x 11.1 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 3.8 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #1,003,629 in Books (See Top 100 in Books) #46 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #2628 in Â Books > Health, Fitness & Dieting > Women's Health > General #5248 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

A tad outdated, but still very helpful to the beginner. Basic & simple - great for getting anyone started without overwhelming the newbie. As a Pro Trainer, I like the gentle approach for the new fitness enthusiast. This one will help you get started if you are just getting off the couch. Joey Atlas - The Wizard of Fitness[...][...]

If only I could live forever so that I could eternally relish my wife's banished thighs and butt...

Good deal

The product information stated there was a website to follow the program and get help. However, the website is not available anymore. I joined Weight Watchers online instead.

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Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss
Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet)
Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)
Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Prevention's Shortcuts to Big Weight Loss:~ ~ Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast
Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only
Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook)
Tone Every Inch:~ ~ The Fastest Way to Sculpt Your Belly, Butt & Thighs
Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free)
Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure)
Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure)
Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1)
The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More!
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners)
The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia)
BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language)
The Carb Sensitivity Program: Discover Which Carbs Will Curb Your Cravings, Control Your Appetite, and Banish Belly Fat
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)
The Garcinia Cambogia Miracle: A Complete Guidebook For The Holy Grail Of Weight Loss!

(Garcinia Cambogia, Weight Loss, Lose Weight, Paleo Diet, Whole ... Free, Wheat Belly, Atkins, Dash Diet) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life

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