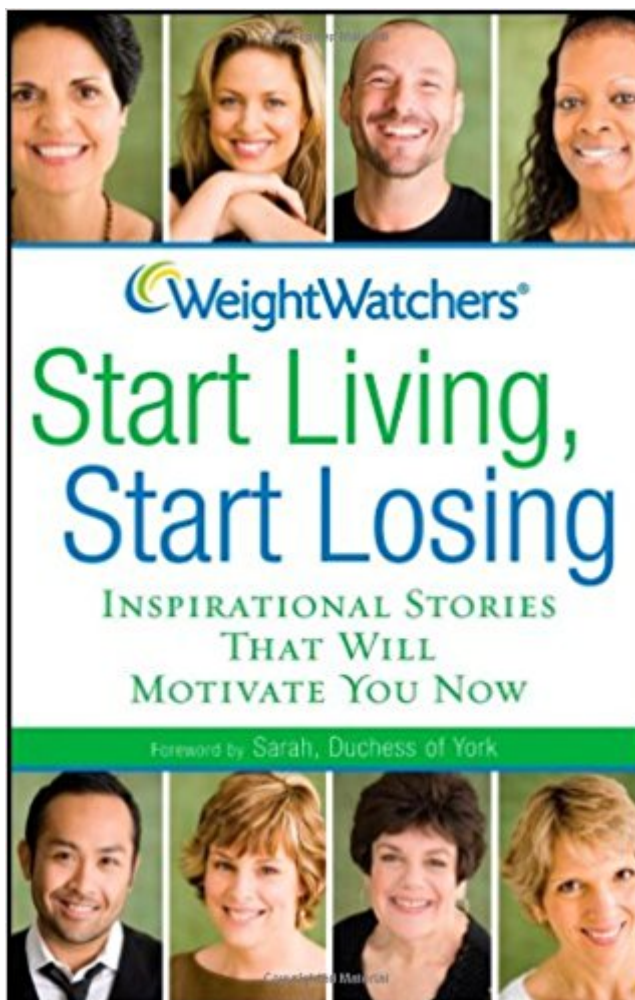


The book was found

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



Synopsis

What Makes a Great Weight-Loss Success Story? OVER 70 REAL WOMEN AND MEN (INCLUDING A FEW CELEBRITIES!) SHARE THEIR STORIES AND STRATEGIES FOR FINDING A HEALTHIER LIFE If you've ever admired a friend, colleague, or relative who has lost weight and wondered, "How did they do it?", this is the book you've been waiting for. In *Start Living, Start Losing*, Weight Watchers, a global leader in weight management, brings you some of its best-ever and most inspiring stories of more than 70 women and men who have lost weight and kept it off. In this groundbreaking book, real people share their personal experiences, giving you an up-close and personal look at how they put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men in this book come from people from all walks of life, some from celebrated actors and authors. Yet all of them share a common goal—to lose weight and find a healthier lifestyle. Each story features a Take-Away tip with practical solutions to everything from putting portion control into practice to finding time for fitness. Journal pages at the end of each chapter will help you stay motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing!

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving.

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Customer Reviews

Who doesn't want more energy or greater self-confidence? No one understands the rewards (as well as the challenges) of weight loss better than those who have lived through it and found success. The good news is that losing weight and living a healthier, happier life is possible; others have achieved their goals, and reading about their experiences can help motivate you to create your own personal success story too. In *Start Living, Start Losing, Weight Watchers*, a leader in weight management, opens its doors to share the stories of more than 70 people who have lost weight, learned how to maintain the weight loss, and, in the process, changed their lives. This collection of first-person stories supplies you with an up-close look at the countless benefits of living a healthier lifestyle. What's more, you'll read about how those successful at weight loss put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men highlighted in these vignettes come from around the globe, some from celebrated actors and authors. All share a common goal: to lose weight and find a healthier lifestyle. The profiles in *Start Living, Start Losing* reveal in detail their journeys toward slimming down, and their stories will entertain, move, and inspire you to do the same. At the end of each story, you'll find a Take-Away tip with practical solutions to everything from putting portion control into practice to finding the time for fitness to dealing with pesky saboteurs. Journal pages at the end of each chapter will help you stay engaged and motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing! Weight Watchers International, Inc., is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving. --This

text refers to an alternate Paperback edition.

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HEALTHIER LIFE If you've ever admired a friend, colleague, or relative who has lost weight and wondered, "How did they do it?", this is the book you've been waiting for. In *Start Living, Start Losing*, Weight Watchers, a global leader in weight management, brings you some of its best-ever and most inspiring stories of more than 70 women and men who have lost weight and kept it off. In this groundbreaking book, real people share their personal experiences, giving you an up-close and personal look at how they put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men in this book come from people from all walks of life, some from celebrated actors and authors. Yet all of them share a common goal???to lose weight and find a healthier lifestyle. Each story features a Take-Away tip with practical solutions to everything from putting portion control into practice to finding time for fitness. Journal pages at the end of each chapter will help you stay motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing!

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Love the inspirational stories.

Good

Some years ago, I would have told: 'Telling is nothing for me, I'd never do that'. But you know, never say never! I started reading this book and I could finally see that I was not the only one feeling that way. Some of the stories are just great; I even cried while reading some of them... And then it

started working on me...like something magic, whether I was in the bus and I looked aside and there it was a big announcement of Weight Watchers or an article in any magazine. It felt like it was just following me and then it hit me: I went to a meeting. It was just great....it is great. And all started in this book. Now I'm fitter and when I feel like going wrong, I just read some of the stories back and I get the boost I need! This book and WW have changed my life and I'm really happy about it!

This book is slightly outdated but I did enjoy the inspiring stories. It is very realistic unlike some of these far-fetched to hard to live with diet books.

The book was in great condition and gave a lot of helpful and inspiring information.

Great book if you're trying to lose weight!! Inspiration and motivation!! Love the stories that are just like me and others that are telling their story that could be like me at another time!! Great book!!

Thank you very much.

Great Transaction, product of great quality, delivery was quick and experience was wonderful!

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