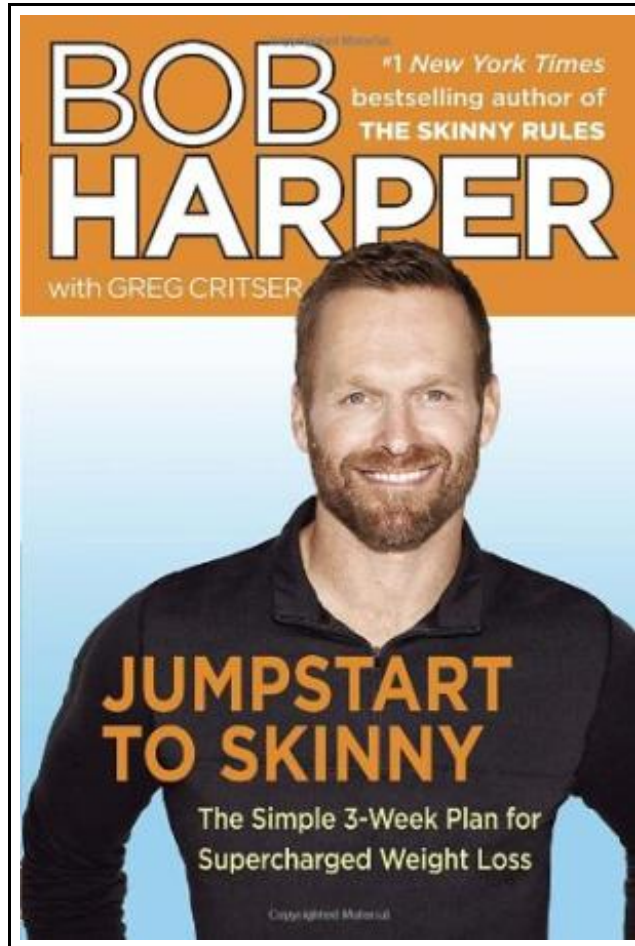


Jumpstart to Skinny (Hardback)



Filesize: 3.98 MB

Reviews

A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. It's been written in a remarkably easy way in fact it is simply after I finished reading through this publication through which actually altered me, alter the way I believe.



(Roberto Block)

JUMPSTART TO SKINNY (HARDBACK)



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Random House USA Inc, India, 2013. Hardback. Book Condition: New. 216 x 148 mm. Language: English . Brand New Book. #1 NEW YORK TIMES BESTSELLER LOSE UP TO 20 POUNDS IN 21 DAYS! In *The Skinny Rules*, celebrity trainer and coach of NBC's *The Biggest Loser* Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and thin maintenance. But what if you have a big event looming a reunion, wedding, beach vacation, or other special occasion and need a fast-acting plan to meet your short-term goals? *Jumpstart to Skinny* features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning Jumpstart Moves and deliciously slimming recipes specially designed for your get-skinny needs. *Jumpstart to Skinny* lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today! THE FOUR-PART JUMPSTART PLAN TO A SKINNIER YOU Your Jumpstart Rules: Thirteen must-follow principles to get you ready for your own big reveal, including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients use to get ready for their big events and now you're in on the secrets, too. Your Jumpstart Day-by-Day: No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead...

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