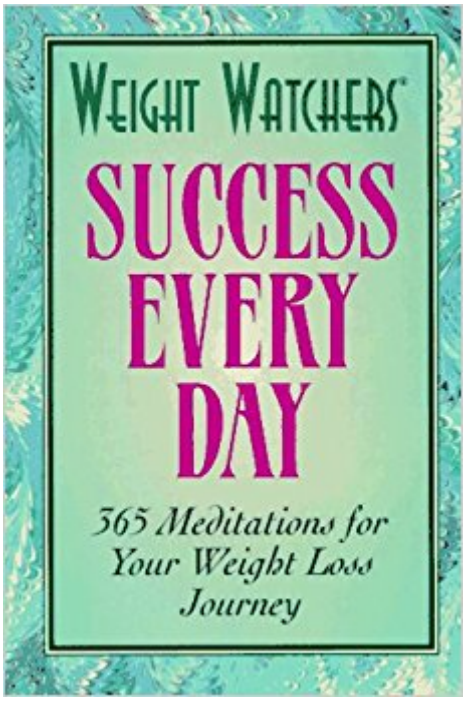
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Weight Watchers Success Every Day: 365 Meditations For Your Weight Loss Journey



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Synopsis

The people at Weight Watchers understand the pitfalls and special concerns of people on a weight loss and maintenance journey, and have used their insight to create a meditational that will soothe, encourage, and inspire people involved in the process. Success Every Day has a quote for every day of the year, followed by helpful discussion and a practical tip.

Book Information

Series: Weight Watchers (Book 21)

Paperback: 384 pages

Publisher: Wiley; 1 edition (December 5, 1995)

Language: English

ISBN-10: 0028603923

ISBN-13: 978-0028603926

Product Dimensions: 4 x 0.9 x 6 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 stars 14 customer reviews

Best Sellers Rank: #663,737 in Books (See Top 100 in Books) #99 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1245 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #50458 inÃ Â Books > Medical Books

Customer Reviews

Weight Watchers strikes again. I love this book. It is a topical devo book to help encourage you on your journey for weight loss. It is a book to continue to inspire you and a support along with the group meetings. You can use it if you are an online member or doing your own thing as an encouragement to continue to push yourself when you want to give up. It gives insight taken from some things you may hear at the meetings. I am a fan of Weight Watchers and promote them, I lost 30lbs through weight watchers and still continuing to use their principals. They work and I miss the meetings.

As one would expect, the WW book was encouraging and the content varied. I’ve enjoyed reading the daily entries. The only disappointment is that the book is very small, 4"x5" , which makes the printing very small.

THIS IS THE BEST ’ONE DAY AT A TIME’ FOR AN OVEREATER. FROM PAGE ONE WHICH

DISCUSSES BEING 'SICK AND TIRED OF BEING SICK AND TIRED,' THE BOOK IS A GIANT HELP. IT WAS FIRST GIVEN TO ME BY MY WEIGHT WATCHER LEADER TO MOTIVATE ME AND IT HAS CERTAINLY DONE THAT. I BOUGHT A COPY FOR TWO OF MY FRIENDS WHO WERE VERY PLEASED. IT HAS FAMOUS QUOTATIONS AND STEP-ONE DIRECTIONS AND STEP BY STEP DIRECTIONS THAT ARE GREAT. IT COVERS EVERYTHING FROM SUBSTITUTING SKIM MILK TO EMOTIONS TO EXERCISE. IT COVERS THE GAMUT-ONE DAY AT A TIME.

I like this book, it gives a little more motivation for each day.easy to read, small in size so it can go with you anywhere

love the inspirational message this gives; I need all the help I can get and that's when I turn to this book.

Great Seller ! Taking one day at a time, great little book inspiration for everyday of the year.

I'm into my 3rd month of inspirations and I really enjoy starting my day with ww wisdom. I'm going down!

OK, there's good advice for your weight loss journey. The only problem I have with this is the font is so incredibly tiny. Must be size 8 font. Stuff like that matters to me.

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