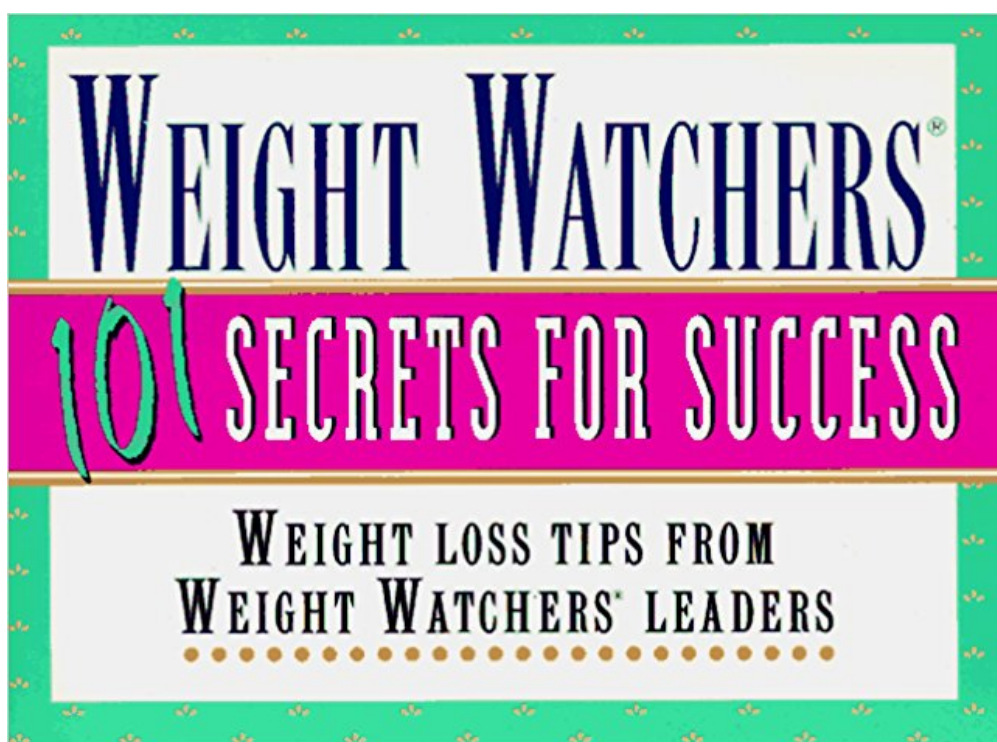




The book was found

Weight Watchers 101 Secrets For Success: Weight Loss Tips From Weight Watchers Leaders



Synopsis

Weight Watchers leaders -- the men and women who run Weight Watchers meetings -- are success stories; they have all lost weight, and kept it off! Their tried-and-true, in-the-trenches tips for weight loss and maintenance are pithy and to the point, and most important, they work! This book will make you laugh and nod your head in recognition, and keep you on track when hot fudge sundaes beckon.

Book Information

Series: Weight Watchers (Book 24)

Paperback: 112 pages

Publisher: Wiley; 1 edition (December 8, 1995)

Language: English

ISBN-10: 0028609867

ISBN-13: 978-0028609867

Product Dimensions: 4.5 x 0.3 x 6 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 2.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #708,645 in Books (See Top 100 in Books) #107 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#) #1307 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #53207 in [Books > Medical Books](#)

Customer Reviews

This book is great for anyone on the weight watchers program. It's informative and motivational. It provides the guidance you get at the meetings in the privacy of your own home. I would recommend it to anyone.

Another case of if I saw this in a book store I wouldn't have bought it. Each page is a one liner, many of the ideas are duplicated (I would say at least 20% of the tips all say: Exercising is a good idea). I expected more practical tips and instead a lot of "tips" were just inspirational thoughts like: "if you think you can do, then you can do it". Not to say that there weren't one or two ideas that were useful, but certainly not 101 of them. I was able to read the whole book in under 15 mins.

This book was sent as a free gift when I ordered a cookbook through the mail. I'm glad it was free because I nearly threw it out! I later sold it at a garage sale. Each page is a one line quote from

various Weight Watchers leaders, members, etc. It's a nice idea, but not a very helpful tool. Very out of character for Weight Watchers, as their cookbooks are all wonderful!

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,
Weight Watchers Diet) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight
Watchers Leaders Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes For
Natural Weight Loss & Clean Eating Weight Watchers Diet Box Set: (3 in 1) Weight Watchers
Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight
Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and
Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The
Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss!
(Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers: Weight Watchers
Cookbook - Smart Points Edition - Lose Weight By Eating Smarter (Weight
Watchers Pocket Guide) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New
and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins
Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss
Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Watchers
All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight
Watchers Cooking) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques,
Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol,
Hair Loss Black book, Baldness) Ultimate Weight Loss Smart Points Beginner's Guide:
Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips,
30 Day Meal Plan, and Recipes) Weight Watchers Daily Recipes Cookbook: The Ultimate Weight
Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Weight
Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers
One Pot Meals Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods
(Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth,
Self Help) Weight Watchers: 101 Quick and Easy Recipes for Rapid Weight Loss Walking: Weight
Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight,
Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Success Every

Day: 365 Meditations for Your Weight Loss Journey NLP for Fast Weight Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss Success Now

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)