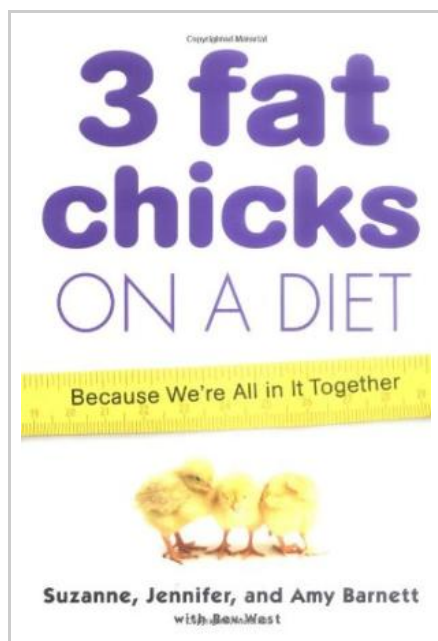




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By Suzanne Barnett, Jennifer Barnett, Amy Barnett

St Martin s Press, United States, 2006. Paperback. Book Condition: New. 211 x 147 mm. Language: English . Brand New Book. This work is filled with the sassy attitude and sage advice of three sisters who have fought the battle of the bulge and won, as well as anecdotes and wisdom from scores of their online community of women. Three Fat Chicks on a Diet tells everyone who has ever wanted to lose a few pounds how to create a support network and find dieting success. Because every dieter will try most of the popular diets at some point in her weight-loss struggle, the sisters include the real story on the favourites: from South Beach to Sugar Busters, Atkins to Weight Watchers, and celebrity driven weight training/weight loss combinations to e-diets. This book contains more than just gossip. The Fat Chicks give you: straight talk for making the diets work for every meal of the day; the attractions and downsides of each diet; guilt-free ways to snack and cheat; menu suggestions when dining out; delicious recipes to try at home; and much more! Best of all, the book offers a fool-proof support system of love and encouragement.



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