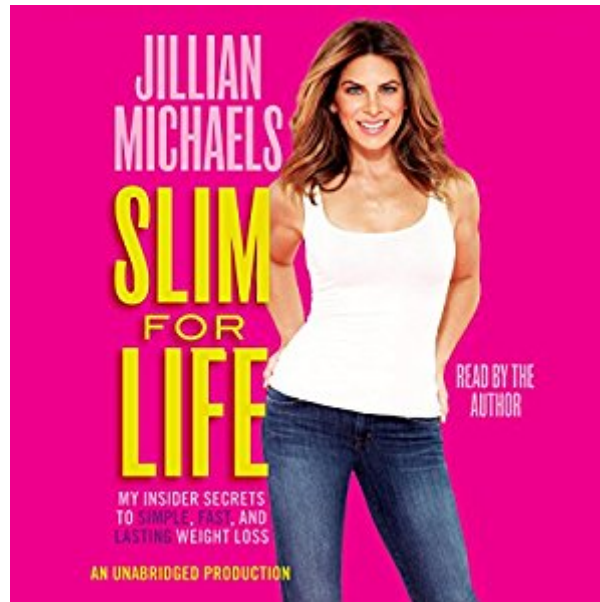


The book was found

Slim For Life: My Insider Secrets To Simple, Fast, And Lasting Weight Loss



Synopsis

Stop battling your weight and slim down for life with this no-nonsense, insider's plan from America's health, wellness, and weight-loss guru: Jillian Michaels. She has helped millions lose weight and feel great, and now she can help you, too. Best-selling author and Biggest Loser trainer Jillian Michaels swore she'd never write another diet book. But she realized that with all of the conflicting, overly complicated information being thrown at you each day, what you need is a clear, simple plan that cuts through all the confusion to deliver amazing results, fast. This book distills all she's learned about diet, fitness, and a healthy lifestyle to provide anyone seeking to be slim, strong, and healthy with an easier path to achieving dramatic body transformation. You'll learn to: Utilize Jillian's insider secrets for optimizing your fat-burning potential Dispel myths and avoid diet trends that will damage your metabolism and make it harder for you to lose weight Banish self-sabotage, build support, and cultivate lasting motivation Navigate and circumvent every possible pitfall presented by any situation or circumstance you could come up against - from weight-loss plateaus to travel, budget, and time constraints Eat, move, and live in manageable, and even enjoyable, ways that facilitate a slim, sexy physique Supplement strategically, manage stress, and even purchase the proper home and beauty products - all to help ignite your metabolism No nonsense, no gimmicks, just actionable advice that gets incredible results fast!

Book Information

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Customer Reviews

I admit it. I have a girl crush on Jillian Michaels. I love that she doesn't coddle people or let them wallow in self-pity. I love that she believes in people even when they have long since stopped

believing in themselves. I love that she is an advocate for healthy lifestyle living among children and teens. And THOSE ARMS!! Who wouldn't kill for those arms?! All that being said, I don't hand out 5 star reviews just because I'm a fan of the author. Every book has to stand on its own, and Slim For Life has earned every bit of the 5 star reviews posted here. I devoured it in one day. (Less calories than pizza...) Jillian Michaels wants you to succeed at your goals, whatever they might be. That means being completely honest about who, what, when, where, why, how? you got to where you are, wherever that might be. You may have 10 lbs to lose, you may have 100. But BE HONEST with yourself. It's the only way to accept what has been so that you can love and accept yourself to move on to what CAN be. This book is nothing but honest and straight forward. And although there is nothing "new" or "groundbreaking" in Slim For Life, I still felt like FINALLY, someone is saying it! Someone is speaking with some common sense. Losing weight is possible for all of us. The basic science is calories in vs. calories out. But there is so much more behind the scenes, as we all know. She reminds us: -No starvation diets! Eating is just as important in the weight loss process as exercise; it just has to be the right foods. -Eat real food! If it doesn't come from the earth or was given birth to, it's not food. There's no such thing as a Cheeto Tree. -Fuel your body to be able to move your body! -Get that heart rate up! -Don't be afraid of lifting weights!

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