



The Skinny Jeans Diet: Change Your Thinking, Change Your Eating, and Finally Fit into Your Pants! (Paperback)

By Lyssa Weiss

HarperCollins Publishers Inc, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Every year, millions of people lose hundreds of millions of pounds on diets that focus on counting calories and grams of carbohydrates and fat. But 97 per cent of these dieters ultimately fail to keep the weight off-and it s because few of these people actually change their thinking about food. the Skinny Jeans Diet was created to not only help you lose weight, but to also change your mind. Registered dietician Lyssa Weiss - once an overweight young woman herself - has become a cult figure in tony Westchester County, New York, among suburban women with busy lives and families looking for someone to help them solve problems with their eating habits and to help them lose weight - whether it s those five or ten pounds that just won t go away or a much more substantial weight loss. Whatever their individual goal, women are passing her diet from hand to hand and spreading word like wildfire. A revolutionary approach to weight loss, The Skinny Jeans Diet teaches you that what you put in your mouth is secondary...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**