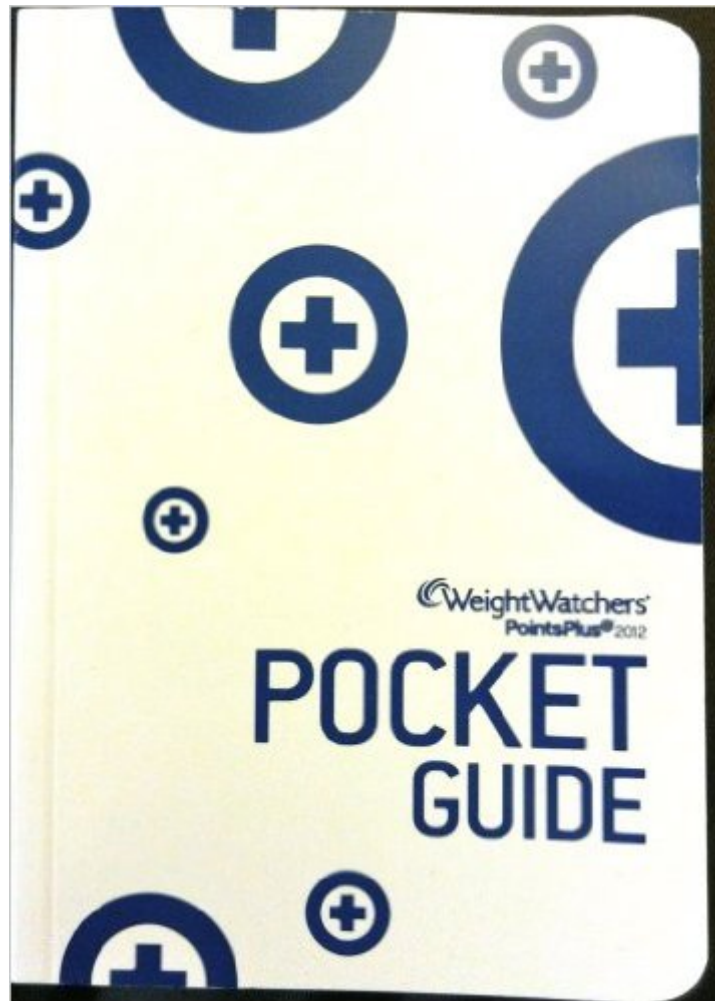


The book was found

Weight Watchers PointsPlus® Pocket Guide 2012



Synopsis

"Weight Watchers and PointsPlus are registered trademarks of Weight Watchers International, Inc" -
from book detail page

Book Information

Paperback

Publisher: Weight Watchers International, Inc (2011)

Language: English

ASIN: B0071R9O34

Product Dimensions: 5.3 x 4 x 0.3 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (83 customer reviews)

Best Sellers Rank: #82,616 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

The Guide is an excellent tool for people who get bored with diets and those who can stay on course without much outside support and supervision. It supplies knowledge in the form of a point system for many basic food items. It is up to the user to compute the total points for each meal. At first this seems cumbersome, but soon becomes quite easy. Many people eat essentially the same or similar meals in rotation. Wikipedia provides a site which computes points allowed per day, based on age, weight and gender. When I reach my daily point count I stop eating. Like all great truths, this is simple but not easy. It is all about changing habits. Without realizing I now practice all the things I normally recoil from: portion control, less carbs, more veggies. The Guide does not show much restaurant food, but an educated guess can be worked out. Once I computed the estimated points for 3 Shrimp Tacos from Don Pablo's, I knew this was a pleasure to be indulged in sparingly, but not forbidden.

If you've been on weight watchers before and cannot afford the program immediately, this is a good pocket guide. You need to know your weight and how many points are allowed for your weight.

This is exactly what you need for quick and easy reference to the Points for the foods that you wish to eat and of course, you can slip it in anywhere for easy access.

Good quick points finder just like one gets when joining a face to face group. I didn't need to go to meetings so this is just perfect for me.

Has most food items listed, plus an eating out section that useful. Lots of tips too in a small purse size booklet.

I take this book everywhere! This is super helpful, and it is so convenient. I shared it with my friends and they are going to buy it now.

I have just glanced in the book and all is good so far, but I am REALLY impressed about how quickly this arrived and even with a few extra goodies!!!!

I love this book and it was worth every penny. If anyone wants to lose weight and not join weight watchers this is the way to go. This book tells you exactly what you can have and what to buy, also your points. I have lost ten lbs. so far and am happy I bought it.

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