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# Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight Watchers Recipes, Weight Watchers Cookbook, Weight Watchers 2016, Weight Loss)

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## WEIGHT WATCHERS

The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great!





## Synopsis

**Weight Watchers** The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! Maybe you don't appreciate it, but by using a weight loss goal you are adding a very powerful tool to your dieting toolkit. By learning how to harness the motivating power of your weight loss goal you will have the ability to do much more than lose weight. When you appreciate how to utilize goals to accomplish your objectives, you will be able to see the possibility of building a better future for yourself, and you will also learn appreciate how to motivate yourself to create positive situations from negatives.

**Working Out Your Weight Loss Goal** Put simply, you need to work out just how much weight you want to lose, and when you want to lose it by. Get real. If you want to lose 10lbs, it's unrealistic to think you will achieve it in two weeks. If you don't believe you can accomplish your goal, are you really going to make a serious effort to achieve it? If ten pounds is your goal, I would suggest you allow yourself 10 weeks.

**Keep your goal in focus.** It needs to be crystal clear so that when you get started you know exactly what you are doing. You will find that there are times when you will slide off track, but you have to have the self-discipline to push yourself further. Whilst it may be hard work initially, but when you have set a weight loss goal that you really believe in, you will find that in no time at all achieving it will become second nature.

**Be sure to track your progress weekly** so that you know you keep on the right path, and keeping to your schedule. Don't be frightened to reschedule your goal if necessary, there is nothing wrong with doing that.

**Being Motivated By Your Weight Loss Goal** When it comes to diet motivation, as long as you have created a weight loss goal you will soon find that the progress you are making towards achieving that goal will inspire you even more, quickly building your self-confidence. Follow and adhere to the following titbits as covered in this book and you will smile your way to starting simple, feeling healthy and great:

**Best proven tips and tricks for losing weight** Recipes that are geared towards losing weight A diet plan that is important in cutting that extra weight in you

• Why diet planning is important for you You will see that weight-loss success isn't just about losing. It's also about gaining, in terms of improved self-esteem, better health, and a renewed joy for living. Losing weight can be an empowering, life-changing journey. We often hear that being overweight is a symptom that other things may not be quite right. We see this time and again in these pages, and it's encouraging to see what can happen when the mind, body, and soul finally come together in harmony. Provided with the right program and the best support possible from this book, you cannot not help but succeed. The book's title, *Weight Watchers*, says it all. Make the changes you can live with and you will lose weight. What's more, the experience will transform you from the inside out. I hope you will find inspiration and wisdom in this wonderful book. Download your copy of

"Weight Watchers" by scrolling up and clicking "Buy Now With 1-Click" button.

## **Book Information**

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## **Customer Reviews**

My cousin is very concerned for her increasing weight, she is trying every second thing to lose weight but don't get the expected results. I bought this book and recommended her. She found this book very helpful and could see some good results after following the instructions and diet plans suggested in the book. The author has shared some good tips on diet recipes that really work when combined with exercises. Lose weight!

While checking this book, I can't help to not to try the recipes given in this book. My wife already made 6 recipes from this book, mostly salads and it is really delicious and satisfying. The author put colorful pictures in it that adds to your craving and the arrangement and mixtures of the salads is really mouth watering. You must get this book, the salads are so tasty and delicious. Love it!!

I can't watch over my weight these days because of the busy schedule I have. After reading this book, I am now very inspired! The recipes are yummy yet healthy and will totally help us with our

weight. I'm hungry when I looked to the photos of the recipes. Looks delicious. I love the tips and tricks that the author mentioned. I have learned many things in this book. I recommend this book to those who want to maintain healthy body and to those who want to go on a diet without feeling you're on a diet mode. Thumbs up!

This book is inspiring, reassuring. More than a book for diet seems a book for motivation. There is much information and cards to initiate and maintain the diet but most of all there are many words of encouragement. Phrases that a pessimist like me can only help.

The weight chart here is perfect specially to those who want to control their weights. The tips as well to get started are very practical. Most specially the recipes here, I can say that it looks like heaven. I am starving by just looking at it.

Trying to lose weight is a process that you need to dedicate time and adequate planning. It is more of a lifestyle that you have to ensure that everything is smooth sailing. This book encourages readers to be patient and adapt a lifestyle gradually for the long term effects. It has simple, common and appropriate advice on how to watch your weight in a healthy and efficient way.

GREAT BOOK. I found this book very useful and very effective. This guide is a must for everyone who would like to watch their weight and protect their health. This book will guide you step by step to do the proper diet. I recommend this book.

This was a Kindle Unlimited book I chose to read as part of my Prime membership. I'm glad I didn't pay anything for it. First off despite the title this is not an official Weight Watchers book nor is the content even related to the Weight Watchers program. The term Weight Watchers here refers to someone who is a dieter or watching their weight. One recipe does mention Smartpoints and gives some nutritional information although the information given is lacking counts needed to actually calculate Smartpoints (sugar grams for instance). The rest of the recipes are lacking nutritional information. The book is also written in very oddly worded sentences and it appears that the author either wrote the book in a foreign language and translated it into English and changed some of the words by looking them up in a thesaurus.

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