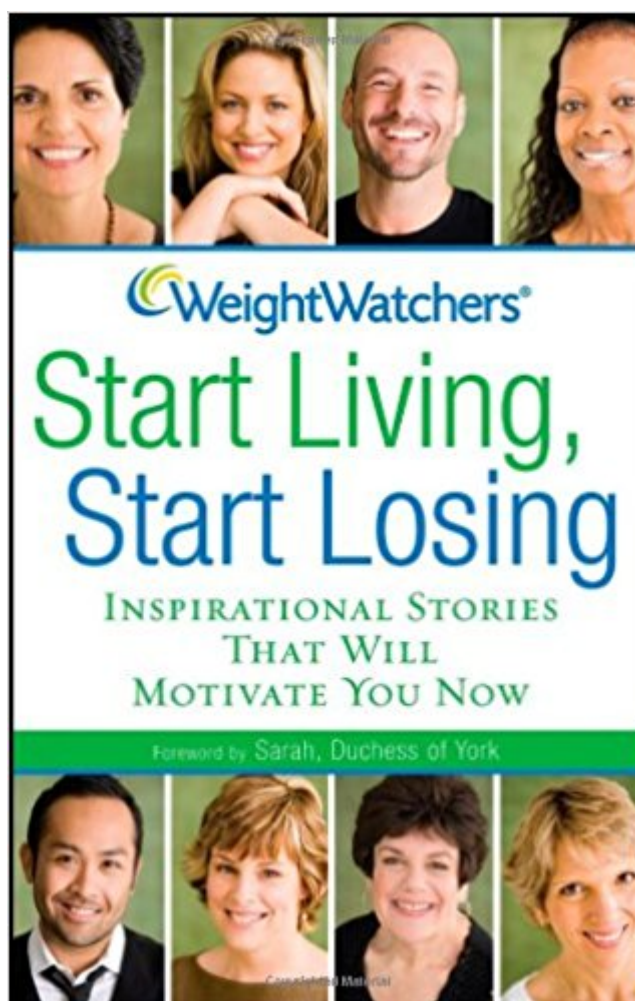


The book was found

Weight Watchers Start Living, Start Losing: Inspirational Stories That Will Motivate You Now



Synopsis

What Makes a Great Weight-Loss Success Story? OVER 70 REAL WOMEN AND MEN (INCLUDING A FEW CELEBRITIES!) SHARE THEIR STORIES AND STRATEGIES FOR FINDING A HEALTHIER LIFE If you've ever admired a friend, colleague, or relative who has lost weight and wondered, "How did they do it?", this is the book you've been waiting for. In *Start Living, Start Losing*, Weight Watchers, a global leader in weight management, brings you some of its best-ever and most inspiring stories of more than 70 women and men who have lost weight and kept it off. In this groundbreaking book, real people share their personal experiences, giving you an up-close and personal look at how they put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men in this book come from people from all walks of life, some from celebrated actors and authors. Yet all of them share a common goal—to lose weight and find a healthier lifestyle. Each story features a Take-Away tip with practical solutions to everything from putting portion control into practice to finding time for fitness. Journal pages at the end of each chapter will help you stay motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing!

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving.

Book Information

Paperback: 256 pages

Publisher: Wiley; 1 edition (March 1, 2009)

Language: English

ISBN-10: 0470376163

ISBN-13: 978-0470376164

Product Dimensions: 5.8 x 0.7 x 8.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 60 customer reviews

Best Sellers Rank: #250,524 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1469 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2366 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Who doesn't want more energy or greater self-confidence? No one understands the rewards (as well as the challenges) of weight loss better than those who have lived through it and found success. The good news is that losing weight and living a healthier, happier life is possible; others have achieved their goals, and reading about their experiences can help motivate you to create your own personal success story too. In *Start Living, Start Losing, Weight Watchers*, a leader in weight management, opens its doors to share the stories of more than 70 people who have lost weight, learned how to maintain the weight loss, and, in the process, changed their lives. This collection of first-person stories supplies you with an up-close look at the countless benefits of living a healthier lifestyle. What's more, you'll read about how those successful at weight loss put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men highlighted in these vignettes come from around the globe, some from celebrated actors and authors. All share a common goal: to lose weight and find a healthier lifestyle. The profiles in *Start Living, Start Losing* reveal in detail their journeys toward slimming down, and their stories will entertain, move, and inspire you to do the same. At the end of each story, you'll find a Take-Away tip with practical solutions to everything from putting portion control into practice to finding the time for fitness to dealing with pesky saboteurs. Journal pages at the end of each chapter will help you stay engaged and motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing! Weight Watchers International, Inc., is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving. --This

text refers to an alternate Paperback edition.

What Makes a Great Weight-Loss Success Story? OVER 70 REAL WOMEN AND MEN (INCLUDING A FEW CELEBRITIES!) SHARE THEIR STORIES AND STRATEGIES FOR FINDING A

HEALTHIER LIFE If you've ever admired a friend, colleague, or relative who has lost weight and wondered, "How did they do it?", this is the book you've been waiting for. In *Start Living, Start Losing*, Weight Watchers, a global leader in weight management, brings you some of its best-ever and most inspiring stories of more than 70 women and men who have lost weight and kept it off. In this groundbreaking book, real people share their personal experiences, giving you an up-close and personal look at how they put their plans in motion, overcame obstacles, and persevered to reach their goals. The stories of the women and men in this book come from people from all walks of life, some from celebrated actors and authors. Yet all of them share a common goal???to lose weight and find a healthier lifestyle. Each story features a Take-Away tip with practical solutions to everything from putting portion control into practice to finding time for fitness. Journal pages at the end of each chapter will help you stay motivated as you work toward your own smart eating and exercise goals. So start reading . . . start living . . . and start losing!

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of company-owned and franchise operations. Weight Watchers holds over 50,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification, and physical activity. WeightWatchers.com provides innovative subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications, and programs for those interested in weight loss and weight control. To see and hear several Weight Watchers success stories online, log on to WeightWatchers.com/startliving.

Love the inspirational stories.

Good

Some years ago, I would have told: 'Telling is nothing for me, I'd never do that'. But you know, never say never! I started reading this book and I could finally see that I was not the only one feeling that way. Some of the stories are just great; I even cried while reading some of them... And then it

started working on me...like something magic, whether I was in the bus and I looked aside and there it was a big announcement of Weight Watchers or an article in any magazine. It felt like it was just following me and then it hit me: I went to a meeting. It was just great....it is great. And all started in this book. Now I'm fitter and when I feel like going wrong, I just read some of the stories back and I get the boost I need! This book and WW have changed my life and I'm really happy about it!

This book is slightly outdated but I did enjoy the inspiring stories. It is very realistic unlike some of these far-fetched to hard to live with diet books.

The book was in great condition and gave a lot of helpful and inspiring information.

Great book if you're trying to lose weight!! Inspiration and motivation!! Love the stories that are just like me and others that are telling their story that could be like me at another time!! Great book!!

Thank you very much.

Great Transaction, product of great quality, delivery was quick and experience was wonderful!

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,
Weight Watchers Diet) Weight Watchers Start Living, Start Losing: Inspirational Stories That Will
Motivate You Now Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight
Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers: Weight
Watchers Cookbook *Smart Points Edition* Lose Weight By Eating Smarter
(Weight Watchers Pocket Guide) Weight Watchers: Weight Watchers: 101 Weight Watchers Dinner
Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200
Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The
Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss!
(Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers 101 Secrets for
Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Recipes: 100 Weight
Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight

Watchers: The Complete Guide to Weight Watcher Plan: The Smart Cookbook to Losing Weight in Two Weeks with Over 30+ Delicious Recipes Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers In 20 Minutes (Weight Watchers Cooking) Weight Watchers Cookbook: Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers Eat! Move! Play!: A Parent's Guide for Raising Healthy, Happy Kids (Weight Watchers Lifestyle) Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes by Weight Watchers (2014) Paperback Weight Watchers My QuikTrak Diary - 12 Week Core & Flex (Weight Watchers TurnAround Program, QuikTrak) Weight Watchers Program: Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight and Stay Healthy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)