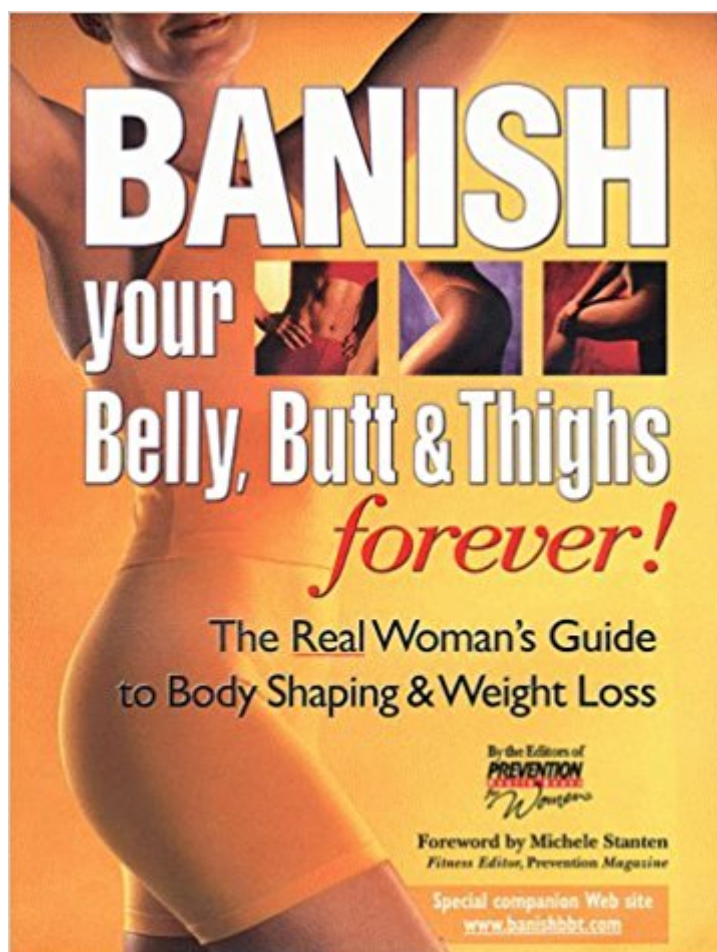


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# Banish Your Belly, Butt And Thighs Forever!: The Real Woman's Guide To Body Shaping & Weight Loss



## Synopsis

For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spot regardless of how hectic a life you lead. *Banish Your Belly, Butt, and Thighs Forever!* provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future.

## Book Information

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## Customer Reviews

"I feel great. I am more focused. I have more energy. And my stomach is getting firmer and flatter! The plan is terrific."  
—Janine S.  
"I have tried many fitness programs over the years, and this is the first one I've been able to stick with. It's simple. It's gradual. And it works."  
—Mary Ellen C.  
"The tips for eating more foods-- but still losing weight-- have been great. The food is delicious and I don't feel deprived."  
—Susan H.  
"I've never been able to fit exercise into my day. Since I've learned how to get the same benefits by exercising in 10-minute chunks, it has made a huge difference. That's a lifestyle change I can really live with."  
—Kerry S.  
"Seeing results so quickly really makes me want to do even more!"  
—Linda S.  
"I've always known I was supposed to eat better. Now I know specifically what I need to do. And it's easier than I ever thought."  
—Tammy F.  
"After just three weeks, I've definitely noticed a difference in my belly,

butt, and thighs. Even better-- my husband has, too."--Brooke M.

Banish Your Belly, Butt & Thighs Forever!"I feel great. I am more focused. I have more energy. And my stomach is getting firmer and flatter! The plan is terrific."--Janine S. For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spot regardless of how hectic a life you lead. Banish Your Belly, Butt, and Thighs Forever! provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future. Here's what real women are saying about Banish Your Belly, Butt, and Thighs Forever!"I have tried many fitness programs over the years, and this is the first one I've been able to stick with. It's simple. It's gradual. And it works."--Mary Ellen C. "The tips for eating more foods-- but still losing weight-- have been great. The food is delicious and I don't feel deprived."--Susan H. "I've never been able to fit exercise into my day. Since I've learned how to get the same benefits by exercising in 10-minute chunks, it has made a huge difference. That's a lifestyle change I can really live with."--Kerry S. "Seeing results so quickly really makes me want to do even more!"--Linda S. "I've always known I was supposed to eat better. Now I know specifically what I need to do. And it's easier than I ever thought."--Tammy F. "After just three weeks, I've definitely noticed a difference in my belly, butt, and thighs. Even better-- my husband has, too."--Brooke M.

If only I could live forever so that I could eternally relish my wife's banished thighs and butt...

Good deal

The product information stated there was a website to follow the program and get help. However, the website is not available anymore. I joined Weight Watchers online instead.

A tad outdated, but still very helpful to the beginner. Basic & simple - great for getting anyone started without overwhelming the newbie. As a Pro Trainer, I like the gentle approach for the new fitness enthusiast. This one will help you get started if you are just getting off the couch. Joey Atlas - The Wizard of Fitness[...][...]

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Loss BANISH YOUR BELLY, BUTT AND THIGHS (FOREVER!) The Real Woman's Guide to Permanent Weight Loss Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Tone Every Inch:Â Â The Fastest Way to Sculpt Your Belly, Butt & Thighs Tone Every Inch (TM): The Fastest Way to Sculpt Your Belly, Butt & Thighs Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 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) The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1)

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