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Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... Loss Tips, Weight Watchers For Beginners)





Synopsis

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Book Information

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Customer Reviews

had I known I was going to pay almost 15 dollars for this piece of junk I would never have

purchased it. There are very few weight loss tips, nothing about how to calculate points or to start the weight watchers program, there are about 5 food items that they list and give you a point value on, the few weight loss tips are 4 exercises listed. A waste of money, do not buy this! I thought it was going to explain how to start or use the weight watchers program to lose 20 pounds. There is nothing in here that is useful information, no menu items, points calculations, nothing about how many points you can have, it is a waste. I can't see how reading this will help anyone lose 20 pounds. I wish I would have seen the previous persons review I would have realized it was a waste of money.

Very poorly written. Obviously not a Lifetime weight watcher. Not the type of recipes that an average weight watcher person would use

Boring little book. Not worth it. All in black and white. Looks like it was printed and written from a home office. Offered no more information than what you can find on the website.

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