



3 Fat Chicks on a Diet: How Three Ordinary Women Battle the Bulge--and How You Can Too!

Suzanne Barnett, Jennifer Barnett Lesman, Amy Barnett Buchanan, Bev West

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Filled with the sassy attitude and sage advice of three lovable sisters from the South who have been fighting the battle of the bulge for most of their lives, *3 Fat Chicks on a Diet* tells everyone who has ever wanted to lose a few pounds how to find dieting success. Because every dieter will try most of the popular diets at some point in a weight-loss struggle, the sisters give you the real scoop—as well as anecdotes and wisdom from scores of their online community of women—on the favorites, from South Beach to the Mediterranean Diet, Atkins to the Zone, and celebrity-driven weight-loss programs to Ediets.

You'll get so much more than just coffee-klatch gossip:

- * The pros and cons of each diet
- * Guilt-free ways to snack and still stay with the program
- * Straight talk for making the diets work for every meal of the day
- * Menu suggestions when dining out
- * Delicious recipes to try at home
- * And much more!

Best of all, the book offers a fool-proof support system of love and encouragement from women just like you who are trying to win the war with their waistlines.

Just when you think you're bogged down by calorie counting, the 3 Fat Chicks diet community takes you on a humorous romp through their battles with everything from slimming slippers and fat-away soap to cabbage soup and grapefruit diets. Get the real-world facts that you need to embark on your personal journey to change your weight and your life.

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Quentin Taylor:

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Ann Walsh:

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Debbie Gray:

In this period of time globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. Typically the book that recommended to your account is 3 Fat Chicks on a Diet: How Three Ordinary Women Battle the Bulge--and How You Can Too! this guide consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer value to explain it is easy to understand. The actual writer made some analysis when he makes this book. This is why this book ideal

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