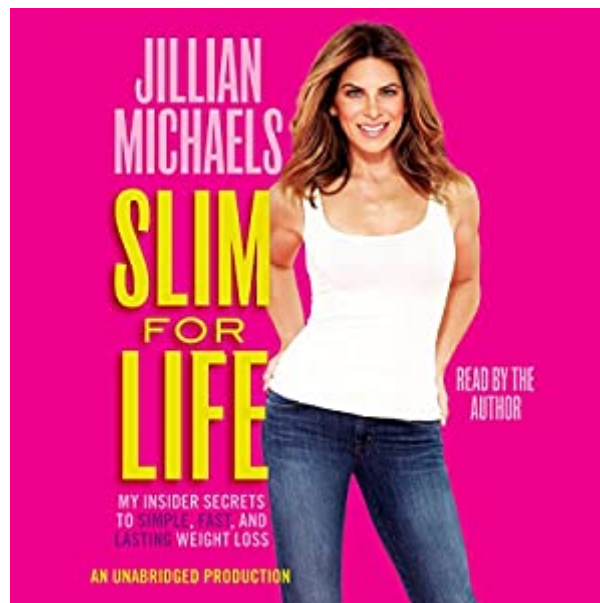




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# Slim For Life: My Insider Secrets To Simple, Fast, And Lasting Weight Loss



## Synopsis

Stop battling your weight and slim down for life with this no-nonsense, insider's plan from America's health, wellness, and weight-loss guru: Jillian Michaels. She has helped millions lose weight and feel great, and now she can help you, too. Best-selling author and Biggest Loser trainer Jillian Michaels swore she'd never write another diet book. But she realized that with all of the conflicting, overly complicated information being thrown at you each day, what you need is a clear, simple plan that cuts through all the confusion to deliver amazing results, fast. This book distills all she's learned about diet, fitness, and a healthy lifestyle to provide anyone seeking to be slim, strong, and healthy with an easier path to achieving dramatic body transformation. You'll learn to: Utilize Jillian's insider secrets for optimizing your fat-burning potential Dispel myths and avoid diet trends that will damage your metabolism and make it harder for you to lose weight Banish self-sabotage, build support, and cultivate lasting motivation Navigate and circumvent every possible pitfall presented by any situation or circumstance you could come up against - from weight-loss plateaus to travel, budget, and time constraints Eat, move, and live in manageable, and even enjoyable, ways that facilitate a slim, sexy physique Supplement strategically, manage stress, and even purchase the proper home and beauty products - all to help ignite your metabolism No nonsense, no gimmicks, just actionable advice that gets incredible results fast!

## Book Information

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## Customer Reviews

I have not been a big fan of Jillian but I thought I would read her latest book. It has many things I

have heard before, but I like how she emphasized health myths. She was right in saying that there is a lot of misinformation out there. I like that she doesn't say her way is the only way to do things and she also gives you many options. I like how she makes this book about average people who have busy lives. Like I said a lot of things I have read before, but she took a lot of resources and put it in an easy to read book.

I love honesty and I feel Jillian is honest. I identify well with the language, bluntness, and overall way the book is written. It works well to motivate me.

LOVE her advice. I'm a fan and she's definitely motivating. This book comes from a more mature and experience Jillian Michaels, I feel. It's the culmination of everything she's learned thus far, working with her clients as well as her personal experience with her health.

This book tells you everything you need to know to lose weight, get inspired and cut the crap from all those fad diets. She loves her customers and it shows in her presentation and with all the awesome info she gives.

I usually like Jillian's stuff, but I found the format of this book uninteresting. Just item after item of good weight loss tips, but nothing concrete enough for me. Great tips, don't get me wrong, just hard for me to digest.

Great book. Easy to follow. Common Sense but a good read. Lost 30 pounds following her program.

Jillian is as always a hard core dose of truth. She reminds me of the things I know but don't always do and introduces me to plenty of new info. She reminds me of my middle school gym teacher and I absolutely love that about her because it is EXACTLY what I need.

I have read all of her books. I love her style of writing in this book. She simply breaks down tips for living healthy. You pick which ones you follow and score yourself. It gave me a chance to see for myself where I was being lazy and ways I could change. I love this book and highly recommend it along with any other Jillian Michaels book

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You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes)

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