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## The Skinny Rules

By Bob Harper, Greg Critser

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, The Skinny Rules, Bob Harper, Greg Critser, Losing weight has never been so easy! With so many conflicting diets around, it's no wonder people find it hard to shed the pounds and keep them off. At last, here's a weight-loss plan that is clear, logical and easy - no gimmicks, no fads, just a no-nonsense way to get thin. Bob Harper is a renowned fitness trainer and is the star of The Biggest Loser USA. Bob has used his vast knowledge of nutrition, weight-loss strategy and human nature to devise twenty simple principles that will enable you to step into a newly thin lifestyle. His rules are as easy as: Don't Drink Your Calories; Eat Protein at Every Meal and No Carbs After Lunch. Bob doesn't stop at just teaching you the rules, either. He also shows you how to integrate them into your everyday life by supplying menu plans and 90 delicious, rule-abiding recipes for breakfast, lunch and dinner. If that wasn't enough, there are also tips for what to stock in your fridge and meals you can prepare ahead in case you don't have time to cook during the...



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### Reviews

*The book is not difficult in read through better to recognize. It really is written in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be the best book for possibly.*

-- **Valerie Heaney**

*Basically no words to describe. We have read through and i also am sure that i am going to read once more once again later on. You may like just how the article writer compose this publication.*

-- **Mrs. Jane Quitzon DDS**