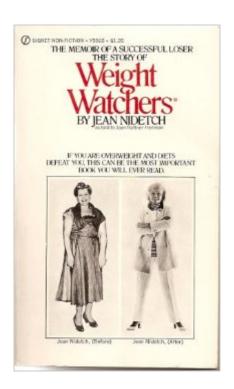
The book was found

The Memoir Of A Successful Loser The Story Of Weight Watchers





Synopsis

Paperback Publisher: The New American Library (1972) ASIN: B000B9RV3Y Product Dimensions:

8.9 x 5.8 x 1.1 inches Shipping Weight: 1.1 pounds

Book Information

Paperback

Publisher: The New American Library (1972)

ASIN: B000B9RV3Y

Product Dimensions: 8.9 x 5.8 x 1.1 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars Â See all reviews (4 customer reviews)

Best Sellers Rank: #1,893,571 in Books (See Top 100 in Books) #351 in Books > Health, Fitness

& Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Reading the history of Jean Nidetch and the way WW began is a real treat! It is an inspiring story for anyone, whether fat or slim, but it is especially interesting for today's members of Weight Watchers to read how it all began and to compare the food requirements of the past to the present. No longer is liver required once a week as a strict "legal" food. But it was never the diet per se; it was Jean's enthusiasm that convinced a small group of fat women to adhere to it. Jean insists "fat" is the right word. Her six friends lost weight and the idea worked! Today Weight Watchers has become an international organization.

I still enjoy reading this book and how Weight Watcher's came to be. Though Jean Nidetch is no longer associated with the program, and Weight Watcher's has taken on a life of it's own, it's very interesting to see how the program started, what the original diet was, and what finally motivated one woman to change her life and how she impacted so many people. I know so many people who were members of Weight Watchers and said the original diet was the best. You get that in this book, along with a lot of motivation and incentive.

Jean's writing style is authentic and you can get good insights into the early history of Weight Watchers and the original diet plan from the book. Worth a read.

What a great book.

Download to continue reading...

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) 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) The Memoir of a Successful Loser The Story of Weight Watchers WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPointTM (Weight Watchers Smart Point Recipes) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Diet > Comparison of Most Popular Diets and Weight Loss Plans: Atkins, Biggest Loser, DASH, Jenny Craig, Mediterranean, Slim-Fast, South Beach, Vegan, Volumetrics, Weight Watchers Cheated & Deafeated: Mistress Harley's How To Gambling Guide: Stop being a loser & start being less of a loser (Cheated & Defated Book 1) Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook Guide© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers In 20 Minutes (Weight Watchers Cooking) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers: The Smart Points Cookbook Guide© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie

Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)

<u>Dmca</u>