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Weight Watchers 360 Pocket Guide



Synopsis

This is the 2013 Pocket Guide.

Book Information

Paperback: 160 pages

Publisher: Weight Watchers (July 1, 2012)

Language: English

ASIN: B00DDSBHTO

Product Dimensions: 5.7 x 3.9 x 0.4 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #754,967 in Books (See Top 100 in Books) #161 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

Didn't have a lot of what I needed in it. I was hoping it was more informative than it was. Not like the old weight watcher books that had a lot of food listings

The book I ordered not knowingly was only 23 pages written in English of the 160 content pages. Shocked and disappointed in this version. I am hoping another version is more friendly to English non bilingual readers. Extremely poor content information given while selecting this book. I will need to return this version with hope another all English version exists. Unsure.

It is a simple point counting system. So no longer required to count every calorie. I find it more convenient and would encourage others to give it a try.

Yes, I would recommend this product. It is very easy to use! I use it instead of the online now. Thank you

Great book as are all the weight watchers books. Just can not go wrong with Weight Watchers Books or scales.

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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) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Weight Watchers 360 Pocket Guide 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) Windows Vista®: Home Entertainment with Windows® Media Center and Xbox 360®; With Windows Media Center and Xbox 360 (EPG-Other) Weight Watchers 2014 360 Program Eat Out Companion (New version of Dining Out) Brand New 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) Minecraft Seeds: Top 30 Seeds for Pocket Edition ((+ Gift Inside) , Minecraft Seeds Handbook ,Minecraft Seeds for Pocket Edition , Minecraft PE Seeds , Minecraft for xbox 360 , Minecraft PC)

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