



Jumpstart to Skinny: The Simple 3-Week Plan for Supercharged Weight Loss (Skinny Rules)

By Harper, Bob; Critser, Greg

Ballantine Books, U.S.A., 2013. Hardcover. Condition: New. Dust Jacket Condition: New. 1st Edition. Red dot on foot edge. Random House USA Inc, India, 2013. Hardback. Book Condition: New. 216 x 148 mm. Language: English . Brand New Book. #1 NEW YORK TIMES BESTSELLER LOSE UP TO 20 POUNDS IN 21 DAYS! In *The Skinny Rules*, celebrity trainer and coach of NBC's *The Biggest Loser* Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and thin maintenance. But what if you have a big event looming a reunion, wedding, beach vacation, or other special occasion and need a fast-acting plan to meet your short-term goals? *Jumpstart to Skinny* features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning Jumpstart Moves and deliciously slimming recipes specially designed for your get-skinny needs. *Jumpstart to Skinny* lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that...



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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