



# Jumpstart to Skinny (Hardback)

By Bob - Critser Harper

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 sexy dress or swimsuit and feel fantastic. Get started today! THE FOUR-PART JUMPSTART PLAN TO A SKINNIER...



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