



The Skinny Jeans Diet: Change Your Thinking, Change Your Eating, and Finally Fit into Your Pants!

Lyssa Weiss

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97% of dieters fail. Learn the secrets of the 3%—the “it” girls!—with the diet that took the New York-metro area by storm.

Thirteen years, fifty pounds, and four jean sizes ago, nutritionist Lyssa Weiss took control of her life for good. Drawing on years of food struggles and an education in nutrition, she created the amazing Skinny Jeans Diet. A few years ago, this specialist in emotional and compulsive eating began holding small-group weight loss meetings at a suburban New York fitness center introducing women to the Skinny Jeans Diet. Supporting and motivating each other, the women swapped food diaries, switched out familiar dishes at mah-jongg and book club, served alternatives to burgers and cake at home and changed the way they ate . . . and spread the word about the amazing Skinny Jeans Diet. A phenomenon was born.

Now, Lyssa teaches her secrets to you. In *The Skinny Jeans Diet*, she offers real life strategies, real nutrition knowledge, real food (from regular supermarkets), realistic diet tips and tricks, and a realistic three-part program that can be individually tailored to your needs. Whether you're shopping, cooking, eating out, or traveling, *The Skinny Jeans Diet* will become your essential companion. Lose and keep off the weight, be the best version of you . . . and get back into your favorite skinny jeans forever with *The Skinny Jeans Diet!*

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From reader reviews:

David Robinson:

In this 21st century, people become competitive in every single way. By being competitive today, people have to do something to make these survive, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated it for a while is reading. Sure, by reading a publication your ability to survive enhance then having chance to stand up than other is high. For you who want to start reading the book, we give you this The Skinny Jeans Diet: Change Your Thinking, Change Your Eating, and Finally Fit into Your Pants! book as beginning and daily reading book. Why, because this book is greater than just a book.

Alice Smith:

Reading a book being new life style in this calendar year; every people loves to examine a book. When you study a book you can get a great deal of benefit. When you read books, you can improve your knowledge, because book has a lot of information in it. The information that you will get depend on what forms of book that you have read. If you need to get information about your research, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these kinds of us novel, comics, and also soon. The The Skinny Jeans Diet: Change Your Thinking, Change Your Eating, and Finally Fit into Your Pants! will give you a new experience in studying a book.

Scott Hagen:

In this time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The actual book that recommended for you is The Skinny Jeans Diet: Change Your Thinking, Change Your Eating, and Finally Fit into Your Pants! this book consist a lot of the information from the condition of this world now. This kind of book was represented how does the world has grown up. The language styles that writer value to explain it is easy to understand. The particular writer made some study when he makes this book. Honestly, that is why this book appropriate all of you.

Adam Blandford:

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