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Weight Watchers Points Plus Pocket Guide 2011



Synopsis

Weight Watchers Points Plus Pocket Guide 2011

Book Information

Paperback

Publisher: Weight Watchers; WeightWatchers (2011)

ASIN: B004UW1TFY

Product Dimensions: 5.7 x 3.7 x 0.4 inches

Shipping Weight: 4 ounces

Average Customer Review: 3.7 out of 5 stars Â Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #780,306 in Books (See Top 100 in Books) #171 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

This guide is amazing, it tells you everything you need to know about every food you could possibly eat, point wise.it give you tips on how to use your points and all in a compact little guide you can carry with you. Perfect!

With alot of will power and the Weight Watchers Point plus book and the Weight Watchers calculater I have lost 61 pounds since January.

This is so easy to use and helpful also. Is small enough to carry with you but easy to read also. Just wish I could get more

Provides a good way and guide to help with weight loss - the points system for what you each gives you targets to shoot for and will work if you stick with it.If you join weight watchers, you probably get the book, we use it just as a guide.

I was looking for a point plus food list like you find in pocket calorie count books. This book doesn't even list the basic foods! A complete waste of my money.

This book is difficult to use and I wouldn't recommend it- not a good item for use in selecting your menu.

This handy on the go tool will keep you on track when your diet is important to you and your success

This small pocket booklet is a wonderful way to stay on a healthful diet. I recommend its use by all who are serious about their weight control.

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