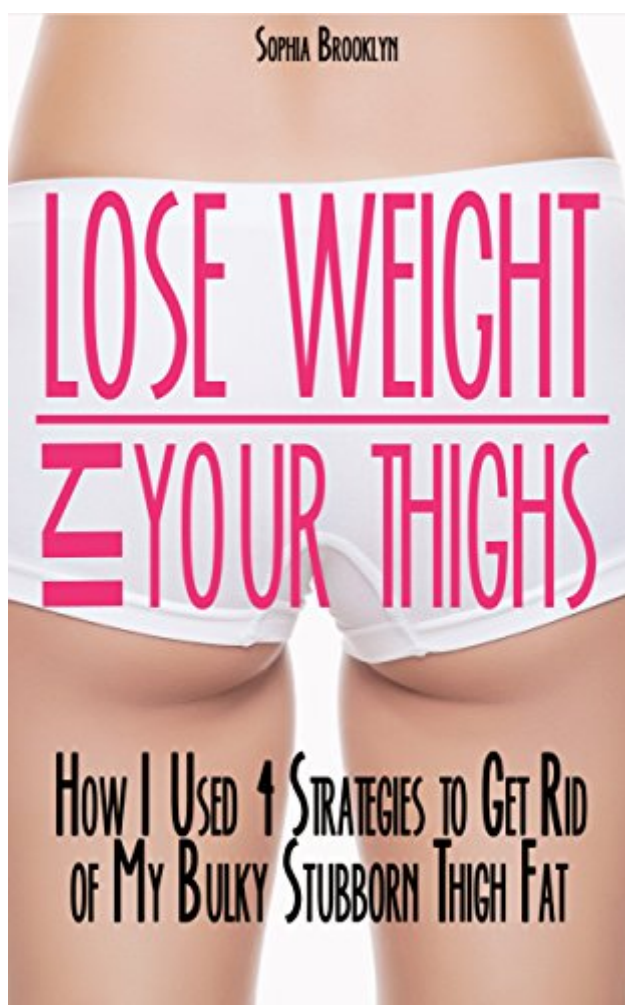


The book was found

Lose Weight In Your Thighs: How I Used For 4 Strategies To Get Rid Of My Bulky Stubborn Thigh Fat



Synopsis

If you feel like no matter what you do you can't get rid of your thigh fat, then this is the book for you. I will show you 4 strategies that have worked wonders for me and many others

Book Information

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Customer Reviews

I detest my thighs more than anything in this world and this book just proved me right: losing them is not easy, but it is doable. Basically the book takes you through a series of specific exercises and foods that are "fat happy" or that bind to other particles and then the exercise helps to melt it all out. I would specifically point out the huge importance of walking and building thigh muscle. That is the ultimate of all ultimates when it comes to burning fat. I have read hundreds of diet and exercise books (you can see for yourself) and I always make sure to check if the author places any importance on the muscle building. This is how I know that the author has authentically gone through the process of trying to lose the weight. I see that this author did her homework. If I may be so bold, I would recommend the Gazelle as one of the best thigh-muscle blasting machines. It is a bit cheesy and some things are boring, but it worked for me as well as the tips on this book.

I have been losing weight, felt so good to be able to go buy smaller pants, one problem my stomach and waist might be thinner but my thighs are still thick. I really enjoyed how the author broke things down in strategies with great explanations for each. I learned a great deal from the list the author included of foods to add to your meals or foods you can snack on. Many of them I was not aware that they would be included in a diet or low fat plan. This book is a keeper.

Really disappointed in this book. I read the sample first and expected more when I purchased. Thank goodness the kindle book was only \$2.99!!

Ok, I admit it. I wanted to read this book based on the title alone, and I am guessing the same was the case for you. Am I right? I know very few women who like their thighs. Most of us would go so far as to say that they hate them. I know I do. The author of this funny, informative and witty read tells the reader of her love/hate relationship with her thighs, and teaches the reader how to learn to love them far more than hate them. Certain areas of the body are just stubborn when it comes to storing fat. Most thighs tenaciously cling to any and all fat like a lifeline. Techniques and tips, which in the world of fat thighs are invaluable, to learn to combat this problem area and keep it well under control and trim. I was so relieved to discover these techniques, and to know that trim thighs can be had without fad diets, diet pills or surgery. Trimmer thighs can be a reality with the proper exercises and eating right; a combination of things we should all be doing anyway. It's all about getting into a good and easy to maintain routine so that results will soon follow. Enjoy this fun book, and good luck on your journey to thinner thighs.

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