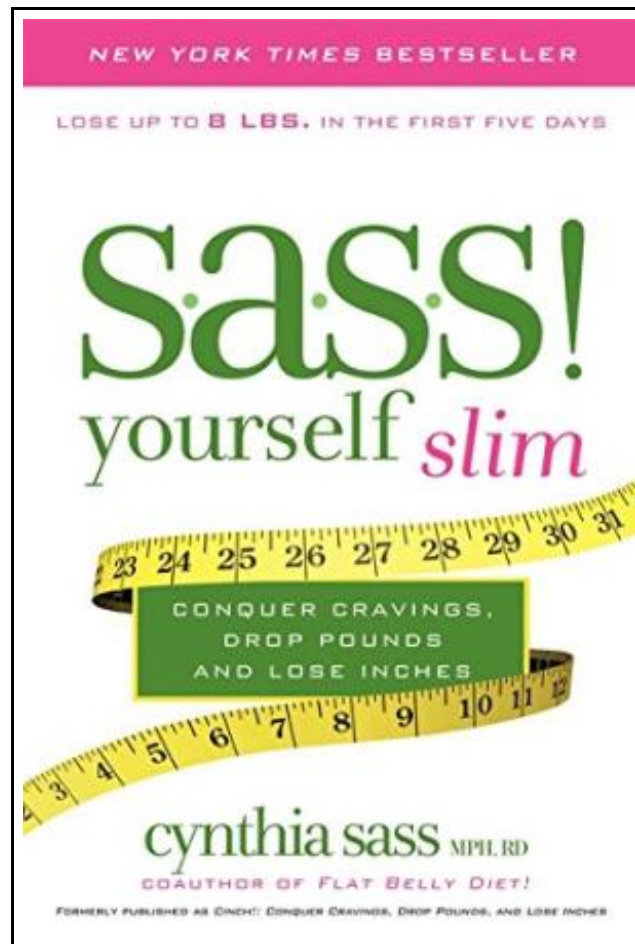


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S.A.S.S. YOURSELF SLIM: CONQUER CRAVINGS, DROP POUNDS, AND LOSE INCHES



HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches, Cynthia Sass, Reaching number 3 on the "New York Times" bestseller list, Cynthia Sass' book quickly became a hit among dieters looking to eat clean, learn delicious new recipes, and see extraordinary weight-loss results when it was originally published as "Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches". Acclaimed weight-loss expert Cynthia Sass, the nutritionist behind "The Flat Belly Diet!", has arrived at the exciting secret to sustainable weight loss: her innovative combinations of clean, nutrient-rich foods not only maximize fat-burning but also deliver a faster, healthier metabolism forever. Following the plan is as simple as putting together an easy-to-understand five-piece puzzle at every meal and enjoying four delicious, easy-to-prepare meals (in addition to a chocolate treat!). The book includes a full thirty days' worth of quick-fix, satisfying meals. Best of all, Sass starts her plan with an innovative five-day Fast Forward, which jump-starts the plan's impressive results and has been a huge hit among dieters. The program includes every tool dieters need for weight-loss success: Sass' proven plan, expert tips and advice, daily journals, grocery shopping lists, chapters on exercise and emotional eating, and a month's worth of recipes - customizable for meat eaters, vegetarians, and vegans. In just one month, Cynthia Sass' program can help anyone recalibrate their body, beat cravings and erratic eating, and begin a satisfying new relationship with food.



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