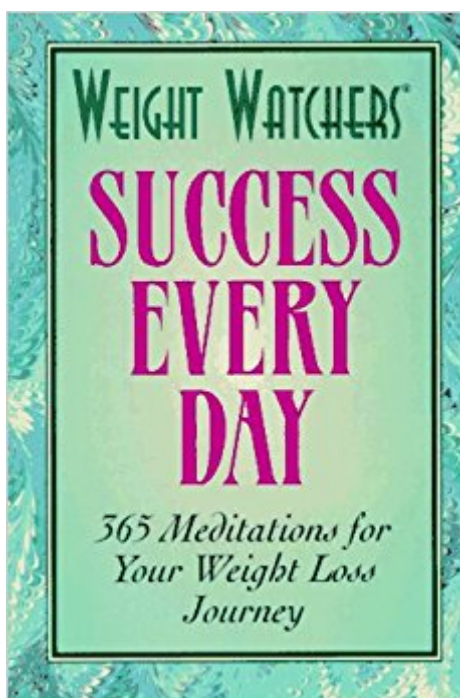


The book was found

# Weight Watchers Success Every Day: 365 Meditations For Your Weight Loss Journey



## Synopsis

The people at Weight Watchers understand the pitfalls and special concerns of people on a weight loss and maintenance journey, and have used their insight to create a meditational that will soothe, encourage, and inspire people involved in the process. Success Every Day has a quote for every day of the year, followed by helpful discussion and a practical tip.

## Book Information

Series: Weight Watchers (Book 21)

Paperback: 384 pages

Publisher: Wiley; 1 edition (December 5, 1995)

Language: English

ISBN-10: 0028603923

ISBN-13: 978-0028603926

Product Dimensions: 4 x 0.9 x 6 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 stars 14 customer reviews

Best Sellers Rank: #663,737 in Books (See Top 100 in Books) #99 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1245 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #50458 in Books > Medical Books

## Customer Reviews

Weight Watchers strikes again. I love this book. It is a topical devo book to help encourage you on your journey for weight loss. It is a book to continue to inspire you and a support along with the group meetings. You can use it if you are an online member or doing your own thing as an encouragement to continue to push yourself when you want to give up. It gives insight taken from some things you may hear at the meetings. I am a fan of Weight Watchers and promote them, I lost 30lbs through weight watchers and still continuing to use their principals. They work and I miss the meetings.

As one would expect, the WW book was encouraging and the content varied. I've enjoyed reading the daily entries. The only disappointment is that the book is very small, 4"x5" , which makes the printing very small.

THIS IS THE BEST 'ONE DAY AT A TIME' FOR AN OVEREATER. FROM PAGE ONE WHICH

DISCUSSES BEING 'SICK AND TIRED OF BEING SICK AND TIRED,' THE BOOK IS A GIANT HELP. IT WAS FIRST GIVEN TO ME BY MY WEIGHT WATCHER LEADER TO MOTIVATE ME AND IT HAS CERTAINLY DONE THAT. I BOUGHT A COPY FOR TWO OF MY FRIENDS WHO WERE VERY PLEASED. IT HAS FAMOUS QUOTATIONS AND STEP-ONE DIRECTIONS AND STEP BY STEP DIRECTIONS THAT ARE GREAT. IT COVERS EVERYTHING FROM SUBSTITUTING SKIM MILK TO EMOTIONS TO EXERCISE. IT COVERS THE GAMUT-ONE DAY AT A TIME.

I like this book, it gives a little more motivation for each day. easy to read, small in size so it can go with you anywhere

love the inspirational message this gives; I need all the help I can get and that's when I turn to this book.

Great Seller ! Taking one day at a time, great little book inspiration for everyday of the year.

I'm into my 3rd month of inspirations and I really enjoy starting my day with ww wisdom. I'm going down!

OK, there's good advice for your weight loss journey. The only problem I have with this is the font is so incredibly tiny. Must be size 8 font. Stuff like that matters to me.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016  
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers  
2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:  
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,  
Weight Watchers Diet) Weight Watchers Success Every Day: 365 Meditations for Your Weight Loss  
Journey Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers  
Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers:Weight Watchers: 101  
Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers: Weight  
Watchers Cookbook â “ Smart Points Edition â “ Lose Weight By Eating Smarter (Weight Watchers  
Pocket Guide) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for  
Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers

All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Weight Watchers One Pot Cookbook (Weight Watchers Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)