



This Is Why You're Fat (And How to Get Thin Forever): Eat More, Cheat More, Lose More--and Keep the Weight Off

Jackie Warner

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THE NEW YORK TIMES BESTSELLER

"Being fat isn't your fault; staying fat is." That's what Jackie Warner, America's favorite no-nonsense celebrity fitness trainer, tells her own clients, and that's why no one delivers better results than Jackie. Now for the first time, Jackie reveals her groundbreaking program, showing you how to get hot and healthy--and thin forever. Her empowering strategies help you drop pounds and inches fast, *without* grueling workouts or deprivation. Her two-tiered approach provides a complete nutritional makeover and a failure-proof condensed workout routine, PLUS all the emotional support and encouragement you need to get to the finish line and beyond. With Jackie's core principles, you'll be shocked to find what is actually making you fat, and how easy it is to get thin for a lifetime. Discover her surprising secrets:

- CHEATING IS ALLOWED: Eat clean for 5 days, then indulge in whatever you want over the weekend!
- SKIP THE CRUNCHES: They just build muscle under the fat. Discover the fastest way to shrink your waist and spark your metabolism for rapid fat loss.
- THINK YOURSELF THIN: It's true! Jackie's own breakthrough mind-body techniques called *Metaphysiques* will help you create the body you want--by thinking it into reality.

THIS IS WHY YOU'RE FAT (AND HOW TO GET THIN FOREVER) is your first and last stop on the way to a new fit and healthy you!

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Rafael Rainey:

Often the book This Is Why You're Fat (And How to Get Thin Forever): Eat More, Cheat More, Lose More--and Keep the Weight Off has a lot associated with on it. So when you read this book you can get a lot of profit. The book was compiled by the very famous author. Tom makes some research just before write this book. This book very easy to read you can find the point easily after reading this article book.

Mary Perry:

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Manda Perez:

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