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Weight Watchers 360 Pocket Guide



Synopsis

This is the 2013 Pocket Guide.

Book Information

Paperback: 160 pages

Publisher: Weight Watchers (July 1, 2012)

Language: English

ASIN: B00DDSBHTO

Product Dimensions: 5.7 x 3.9 x 0.4 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #754,967 in Books (See Top 100 in Books) #161 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Didn't have alot of what I needed in it. I was hoping it was more informative than it was. Not like the old weight watcher books that had a lot of food listings

The book I ordered not knowingly was only 23 pages written in English of the 160 content pages. Shocked and disappointed in this version. I am hoping another version is more friendly to English non bilingual readers. Extremely poor content information given while selecting this book. I will need to return this version with hope another all English version exists. Unsure.

It is a simple point counting system. So no longer required to count every calorie. I find it more convenient and would encourage others to give it a try.

Yes, I would recommend this product.It is very easy to use!! use it instead of the online nowThank you

Great book as are all the weight watchers books. Just can not go wrong with Weight Watchers Books or scales.

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