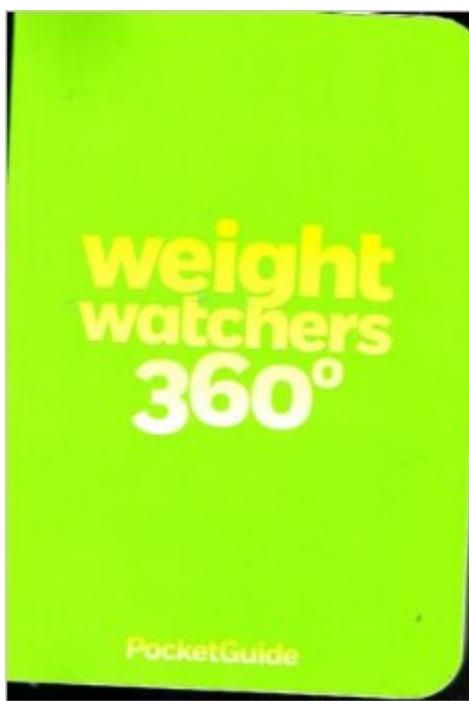


The book was found

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: B00DDSBHT0

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 See all reviews (9 customer reviews)

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

Customer Reviews

Didn't have a lot 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! I use it instead of the online now. Thank 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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