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WEIGHT WATCHERS POINTS PLUS Getting Started



Synopsis

Getting started, Mastering the basics / Stay On Target!, Treat Yourself!, Power Up! / Get Up & Go!, Kick Start guide, and 8 Essential Recipes. 102 PAGES

Book Information

Paperback

Publisher: Weight Watchers (2011)

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Package Dimensions: 8.2 x 5.9 x 0.9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #577,119 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Getting started, Mastering the basics / Stay On Target!, Treat Yourself!, Power Up! / Get Up & Go!, Kick Start guide, and 8 Essential Recipes. 102 PAGES

I was really disappointed with this book. I was expecting it to tell me how to do the point system but all it really does is reinforce the need to join Weight Watchers and learn from going to a meeting. Would I buy a book like this again--absolutely not. All it does is encourage enrollment in Weight Watchers.

It's a starting book not a points guide. I guess if you've never encountered or heard of Weight Watchers, then this book is good for you as an intro... but honestly, this book is really an intro for those who have lived under a rock. I know how weight watchers works and just wanted the points... there really isn't the points system in here... just explanations about the points system.

Not at all what this buyer was lead to believe was being offered. Paid entirely too much for what turned out to be only a booklet of enticement to join Weight Watchers. Almost \$10's for price and shipping! Very disappointed with this seller for charging so much for this item. Shame on you!

Really good for my losing 40 lbs. i cant lose unless I'm accountable for my intake. But with counting my intake. It came off easy. No diet just watching fats and calories , and sugar. I also cut out some

oft salt and did no salt. Might not be for everybody. But it was for me

Small booklet with limited information. Paid \$17 for it and was very disappointed with it.

I was able to purchase this from much less than Weight Watchers If you are like me and just simple want to know what to eat and not have to count calories you can get this directly from and save yourself some money.

It's ok but not as helpful as I hoped with the new program.

This explains points plus better

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