

Download Suzanne Somers Eat Cheat And Melt The Fat Away

In her new book, Suzanne Somers Eat, Cheat, and Melt the Fat Away, Suzanne shows loyal fans and newcomers alike that losing weight and getting fit are easier now than ever before. You'll be amazed at how the pounds just melt away when you eat hearty, rich foods like cheese, butter, meats, creamy sauces, and tempting desserts. Suzanne Somers' Eat, Cheat, And Melt The Fat Away Paperback – 2001 by Somers, Suzanne; Foreword by Schwarzbein, Diana, M.D. (Author) In her new book, Suzanne Somers' Eat, Cheat, and Melt the Fat Away, Suzanne shows loyal fans and newcomers alike that losing weight and getting fit are easier now than ever before. You'll be amazed at how the pounds just melt away when you eat hearty, rich foods like cheese, butter, meats, creamy sauces, and tempting desserts. Suzanne Somers' Eat, Cheat, and Melt the Fat Away is perfect for those who want an uncomplicated nutrition plan with no calorie, fat or carbohydrate counting. Personal trainer Jim Karas says his new volume, The Business Plan for the Body: Get Serious, Get Thin, Get Fit, is the "first book to apply the concepts of a business plan to a successful weight loss strategy."