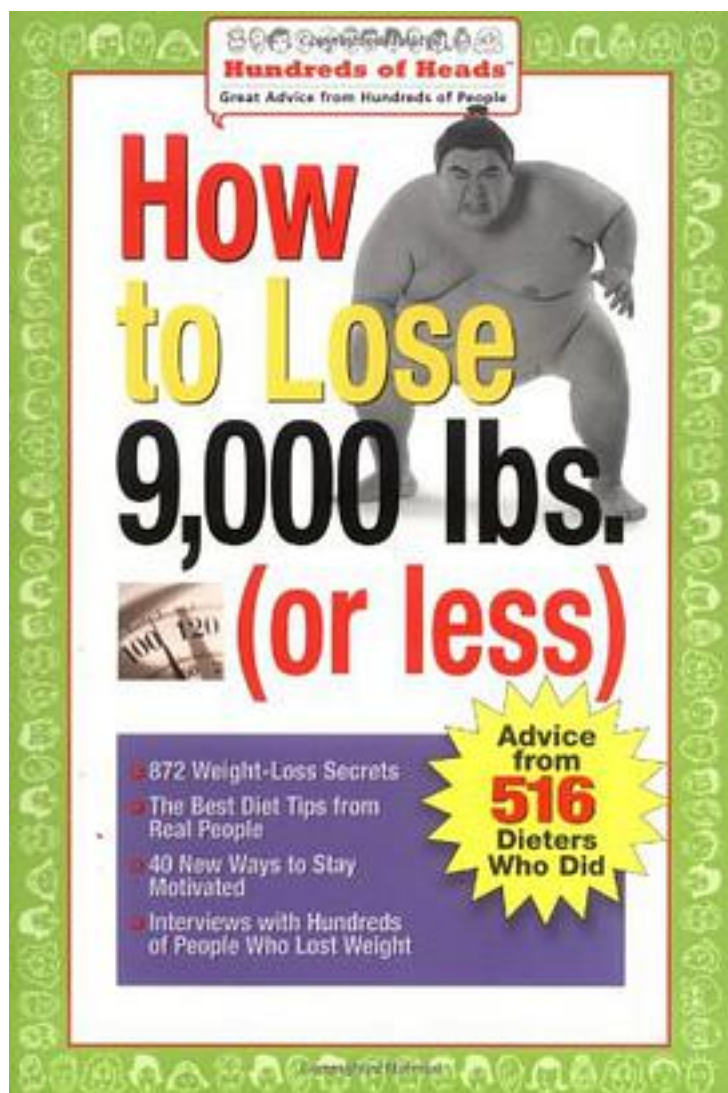


How to Lose 9,000 lbs.



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Whether you are trying the South Beach Diet, Weight Watchers, the Atkins Diets, Jenny Craig, or another popular diet--or creating one of your own--every dieter needs support and inspiration to help them stick with it. How to Lose 9,000 Lbs. (or Less) by 516 Dieters Who Did, offers dieting tips and advice from hundreds of real people across America. The book includes 872 tried-and-true weight loss tips and true grit dieting success stories that will inspire and help readers find ways to win the battle of the bulge. How to Lose 9,000 Pounds or Less offers hard-won, down-to-earth advice from hundreds of real people who have tried every kind of diet, found what worked for them (and what didn't work), and lost weight. The people in this book prove that dieting doesn't have to be so hard. Read the book and find out how you, too, can start losing weight today!

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