



The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love

Jennifer Walters, Erin Whitehead

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Everyone wants a super-quick fix to lose weight, but here's the secret: The only way to get the results you want is to love yourself and your life. Jennifer Walters and Erin Whitehead, founders of the uber-popular website Fit Bottomed Girls, have spent years helping hundreds of thousands of readers fall in love with a healthy lifestyle. Now, they are sharing their 10 principles that will help you lose weight, love your body, enjoy your workouts, and face every day with a positive attitude—all at the same time!

Being a Fit Bottomed Girl is about more than just the size of your rear: It's about feeling physically and mentally energized every day, no matter what is going on in your life. In this definitive guide to becoming an FBG, you will learn how to:

- *Ditch the diet drama and learn to follow your true hunger cues
- *Create your own workout schedule that feels more like more fun than "work"
- *Develop the inner confidence and self-love you need to go after your best life

From the best way to enjoy a piece of chocolate (yes, eating chocolate is encouraged!) to designing a workout around your favorite guilty pleasure songs to easy ways to break free from the scale and build confidence, *The Fit Bottomed Girls Anti-Diet* is packed with the tools you need to design a healthy life you love. Come see for yourself what thousands of women have already discovered: being an FBG rocks!

From the Trade Paperback edition.

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From reader reviews:

Eleanor Gomez:

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love can be great book to read. May be it can be best activity to you.

Ruby Pritchett:

The book untitled The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love contain a lot of information on that. The writer explains the woman idea with easy means. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read it. The book was published by famous author. The author provides you in the new era of literary works. You can easily read this book because you can read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice study.

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Linda Barefoot:

That guide can make you to feel relax. This kind of book The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love was vibrant and of course has pictures around. As we know that book The Fit Bottomed Girls Anti-Diet: 10-Minute Fixes to Get the Body You Want and a Life You'll Love has many kinds or category. Start from kids until teens. For example Naruto or Investigator Conan you can read and feel that you are the character on there. Therefore not at all of book are usually make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading this.

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