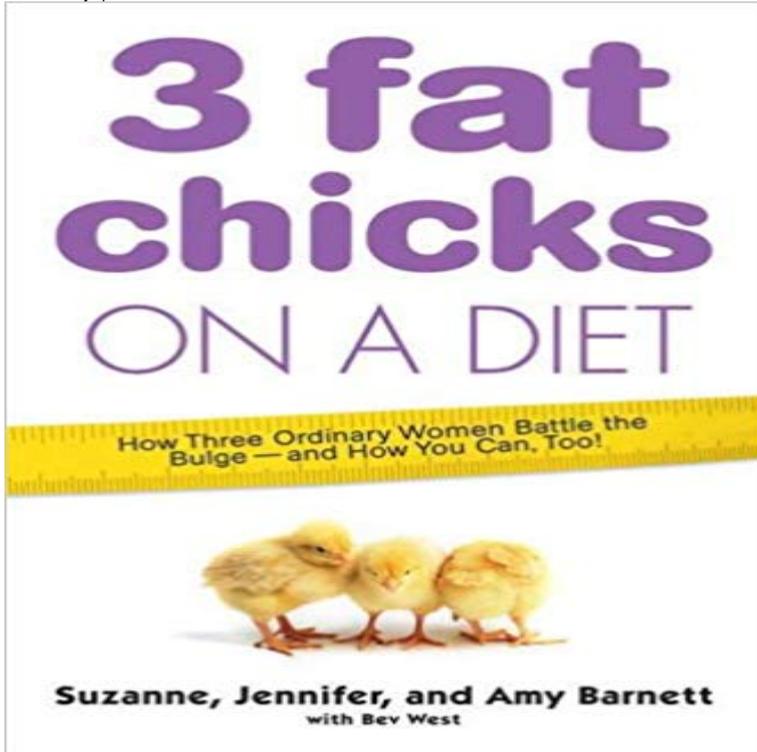


3 Fat Chicks on a Diet: How Three Ordinary Women Battle the Bulge--and How You Can Too!



Filled with the sassy attitude and sage advice of three lovable sisters from the South who have been fighting the battle of the bulge for most of their lives, 3 Fat Chicks on a Diet tells everyone who has ever wanted to lose a few pounds how to find dieting success. Because every dieter will try most of the popular diets at some point in a weight-loss struggle, the sisters give you the real scoop as well as anecdotes and wisdom from scores of their online community of women on the favorites, from South Beach to the Mediterranean Diet, Atkins to the Zone, and celebrity-driven weight-loss programs to Ediets. You'll get so much more than just coffee-klatch gossip:* The pros and cons of each diet* Guilt-free ways to snack and still stay with the program* Straight talk for making the diets work for every meal of the day* Menu suggestions when dining out* Delicious recipes to try at home* And much more! Best of all, the book offers a fool-proof support system of love and encouragement from women just like you who are trying to win the war with their waists. Just when you think you're bogged down by calorie counting, the 3 Fat Chicks diet community takes you on a humorous romp through their battles with everything from slimming slippers and fat-away soap to cabbage soup and grapefruit diets. Get the real-world facts that you need to embark on your personal journey to change your weight and your life.

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