



S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches

Cynthia Sass

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Formerly Published as *Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches*

Easy, Fast, Chocolate! Finally, The Plan You Can Stick With

I feel almost that this is too much food, too decadent.—Chris, age 54

I lost 8 pounds and 1.5 inches from my hips in just five days!—Adina, age 28

I love eating these meals. I don't feel deprived at all!—Laurene, age 36

Acclaimed nutritionist Cynthia Sass has proven, once and for all, that fast, sustainable weight loss is not about deprivation—in fact, this diet is anything but, featuring treats from guacamole to mandatory chocolate truffles. But it's the *big* results—up to eight pounds of weight loss in the first five days alone—that make S.A.S.S. Yourself Slim the ideal plan for anyone who's ready to take control of their diet, their weight, and their long-term well-being.

After just one month on the S.A.S.S. Yourself Slim plan, you will:

- Know which healthy foods promote rapid weight loss (the answers may surprise you!)
- Enjoy dozens of delicious, easy-to-prepare recipes that help you reach your weight-loss goal
- Better understand, and control, the emotional triggers that often lead to overeating
- Sleep better and enjoy more energy
- Shed the stubborn inches and pounds you'd all but given up on

New material, including sensational swaps and seven new success stories!

Best of all, this program is designed for real lives. You won't have to pass up on nights out at your favorite restaurant, start shopping in specialty stores, or spend hours in the kitchen. S.A.S.S. Yourself Slim is a potent program that gives you the power to change your body, your health, and your life!

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From reader reviews:

Lisa Streeter:

Reading can called thoughts hangout, why? Because if you find yourself reading a book especially book entitled S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches the mind will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely can be your mind friends. Imaging every word written in a book then become one application form conclusion and explanation which maybe you never get just before. The S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches giving you a different experience more than blown away your mind but also giving you useful details for your better life in this particular era. So now let us teach you the relaxing pattern the following is your body and mind will probably be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary spending spare time activity?

Julie Gailey:

S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches although doesn't forget the main position, giving the reader the hottest along with based confirm resource facts that maybe you can be one among it. This great information could drawn you into fresh stage of crucial pondering.

Michelle Jennings:

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Paul Day:

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