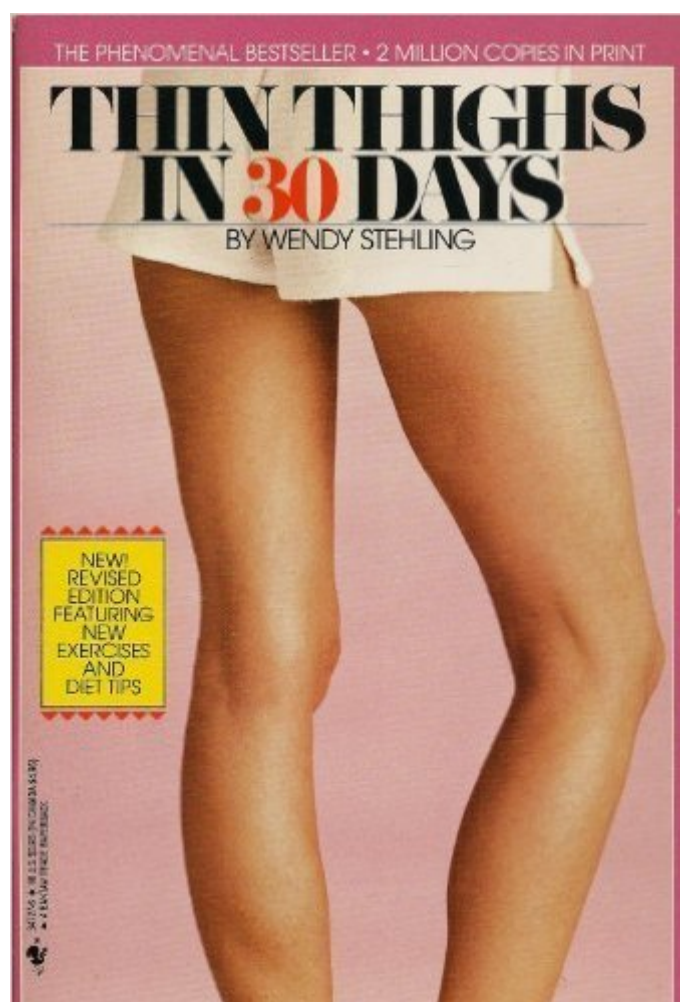


The book was found

Thin Thighs In Thirty Days



Synopsis

Great Book!

Book Information

Paperback

Publisher: Bantam; Revised edition (May 1, 1989)

Language: English

ISBN-10: 0553347276

ISBN-13: 978-0553347272

Product Dimensions: 0.2 x 5.2 x 7 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #2,318,826 in Books (See Top 100 in Books) #90 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #12936 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I remember picking up this book at a thrift store and the low price tag and of couse title caught my eye. At the time, I was pretty sceptical but, I started doing what Wendy says in her book and it actually worked! I have almost every book on how to slim your thighs but this is one of the most effective I've ever tried. It's realistic in it's approach and I was pleased with the results. It worked as well as ballet class did when I was younger. If you're able to pick up a copy do it! I highly recommend this book.

It works.Always been heavy thighed. This summer wore shorts for the first time in years.Will continue to use.

I followed the recommended program and really saw results in my thighs. I did not do it every single day but when I did exercise I did all of the thigh sets. After the first time you exercise you may feel sore but you most likely won't feel any of this until the next day. Once you get used to it... it won't be that bad. If you are consistent and willing to put in the effort- you will get results.

the booklet was small simple & informative... what more do you need.. oh yeah just to put it into practice. we are working on that have noticed a difference in under 2 weeks just needs

committment!

Followed this book to the letter for all 30 days. My legs never looked so great! Lots of walking and the dieting helped also.

[Download to continue reading...](#)

Thin Thighs in Thirty Days Thin Thighs in 30 Days How To Thin Legs: Get Thinner Thighs And Slim Calves Fast 8 Minutes in the Morning to Lean Hips and Thin Thighs : Lose Up to 4 Inches in Less Than 4 Weeks-- Guaranteed! Children's Television: The First Thirty-Five Years, 1946-1981- Part 1: Animated Cartoon Series (Children's Television: The First Thirty Years) (Pt. 1) Nephrology in 30 Days (In Thirty Days Series) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Thirty Chic Days: Practical inspiration for a beautiful life Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs How To Tone Your Thighs And Lose Belly Fat By Riding A Bike! 15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise) How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14)

[Dmca](#)