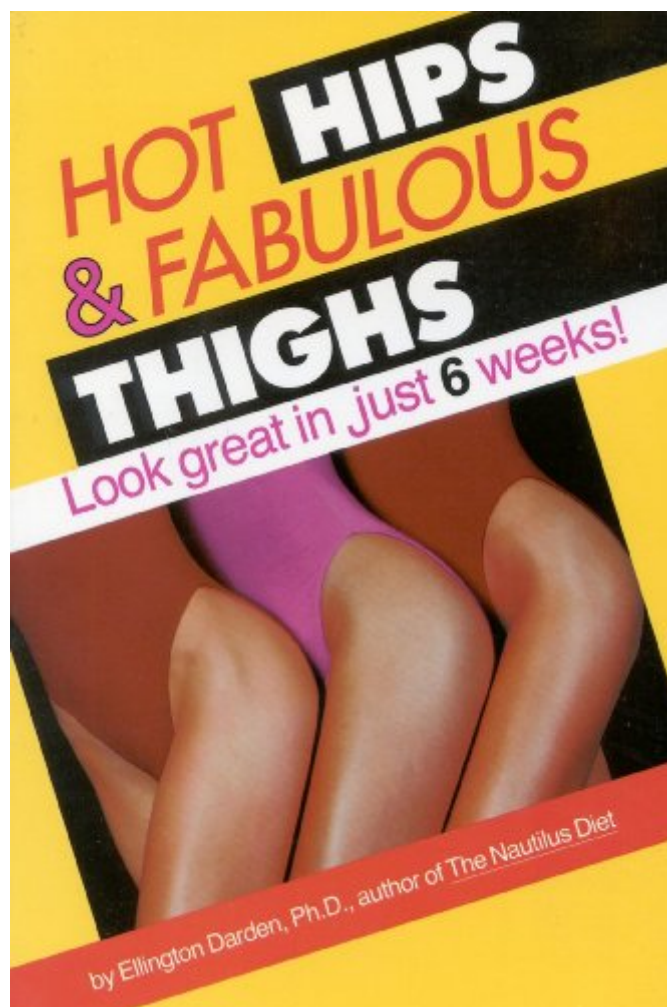


The book was found

Hot Hips And Fabulous Thighs: Look Great In Just 6 Weeks



Synopsis

A guaranteed program for women focusing on their most troublesome areas: hips, thighs, and buttocks.

Book Information

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Customer Reviews

I did this program for about 5 months and I lost 35 lbs and 3 dress sizes (180lbs to 145lbs; size 14/16 to size 8/10). I was ravenously hungry at first, but the copious amounts of water recommended as well as the daily snacks took the edge off. After the first month, I wasn't as hungry, I was acutally satisfied with the portions allotted. Sometimes, because of all the water I didn't even feel like eating and had to push myself to make up the minimum calories. I stopped when I reached my goal weight, and then I actually had to work to gain a little weight back because I was too skinny. I gained about 15 lbs in the (almost) three years since I did the program. I'm looking to get back into shape again, but I don't think I'll use this program, the emphasis on calories is annoying and the work-out regimen is too intense. I think I'll stick with something that works better for long-term maintenance.

This plan did make me lose weight and inches during the two+ weeks I was on it, but I almost constantly felt hungry, even with the snacks. When a friend came for an extended visit, I was relieved to have the excuse to get off the program. If you're willing to follow a strict eating plan to lose weight, try this: follow the G-index diet instead of Darden's, but follow Darden's guidelines for exercise and water consumption (during the two weeks before I started the diet, I lost about four pounds just from drinking the copious amount of water he suggests). I found that the G-index plan left me feeling satisfied even though the calorie count was the same as Darden's diet.

Ellington Darden is the greatest. All his books are the best. I have had the privilege of receiving strength training directly from Dr. Darden and he transformed my life and how I think about fitness and how to achieve it. Straight talk at its best. Don't waste money on all the voodoo advice out there.

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