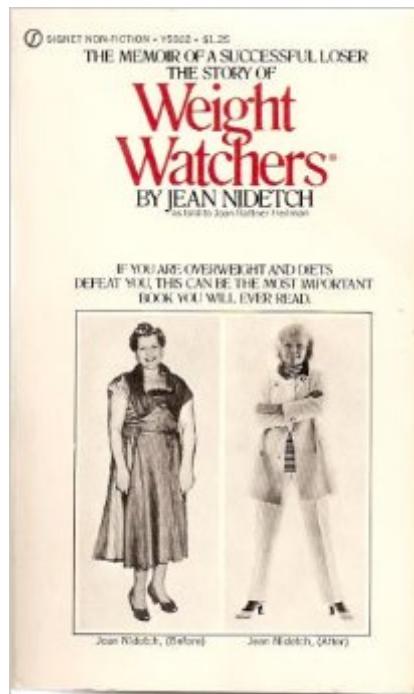


The book was found

The Memoir Of A Successful Loser The Story Of Weight Watchers



Synopsis

Paperback Publisher: The New American Library (1972) ASIN: B000B9RV3Y Product Dimensions: 8.9 x 5.8 x 1.1 inches Shipping Weight: 1.1 pounds

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Average Customer Review: 4.5 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #1,893,571 in Books (See Top 100 in Books) #351 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Reading the history of Jean Nidetch and the way WW began is a real treat! It is an inspiring story for anyone, whether fat or slim, but it is especially interesting for today's members of Weight Watchers to read how it all began and to compare the food requirements of the past to the present. No longer is liver required once a week as a strict "legal" food. But it was never the diet per se; it was Jean's enthusiasm that convinced a small group of fat women to adhere to it. Jean insists "fat" is the right word. Her six friends lost weight and the idea worked! Today Weight Watchers has become an international organization.

I still enjoy reading this book and how Weight Watcher's came to be. Though Jean Nidetch is no longer associated with the program, and Weight Watcher's has taken on a life of its own, it's very interesting to see how the program started, what the original diet was, and what finally motivated one woman to change her life and how she impacted so many people. I know so many people who were members of Weight Watchers and said the original diet was the best. You get that in this book, along with a lot of motivation and incentive.

Jean's writing style is authentic and you can get good insights into the early history of Weight Watchers and the original diet plan from the book. Worth a read.

What a great book.

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