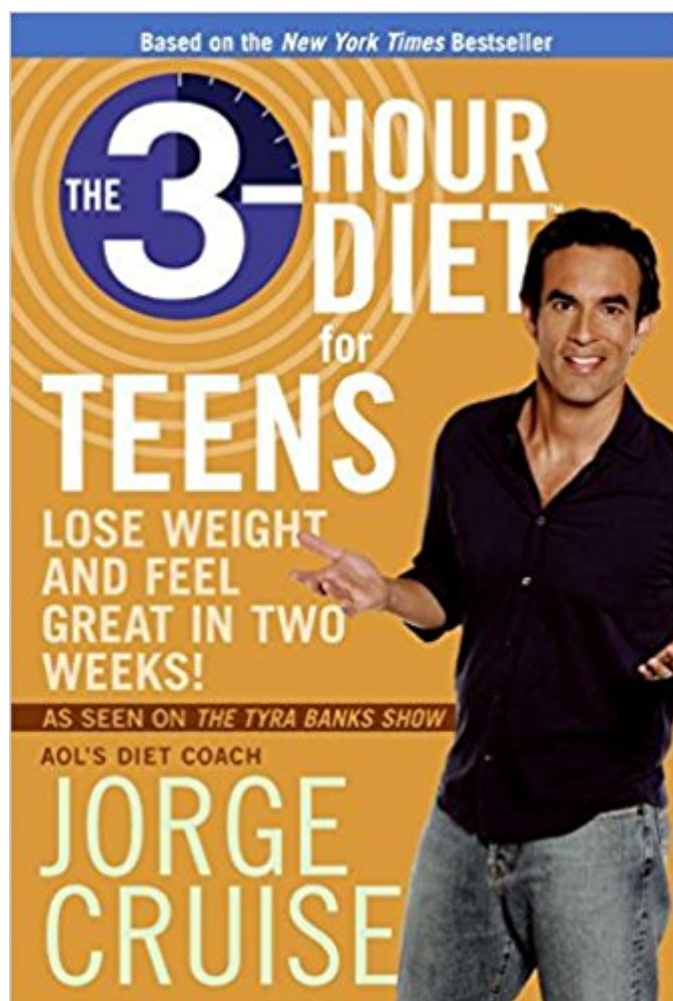




The book was found

The 3-Hour Diet For Teens: Lose Weight And Feel Great In Two Weeks!



Synopsis

The 3-Hour Diet has helped America lose weight and keep it off. Now it's your turn. Lose weight while still eating at the cafeteria or out with your friends! Jorge Cruise has customized his plan to fit your needs as a busy teen. Take the 3-Hour challenge and get ready for a slimmer you!

Book Information

Paperback: 210 pages

Publisher: HarperTeen (March 27, 2007)

Language: English

ISBN-10: 0061171433

ISBN-13: 978-0061171437

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 3.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #695,951 in Books (See Top 100 in Books) #18 in Books > Teens > Personal Health > Fitness & Exercise #34 in Books > Teens > Personal Health > Diet & Nutrition #147 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

Grade 7 Up Under the over-enthusiastic facade of hype and marketing that burdens this book, readers will find a sensible weight-loss plan. Focused on keeping blood sugar levels constant by eating a small meal every three hours, it emphasizes the need for controlled portions and balanced nutrients. Cruise laces the text with interviews with teens who have successfully lost weight on this diet and packs in plenty of practical tips for following it in the midst of busy schedules. The promise of a healthy loss of two pounds per week, paired with the balanced nutrition advice, takes this out of the fad diets category. The book concludes with a section of recipes and lists of healthy snack and fast-food choices. While the basic information is sound, the author devotes 50 pages to a personal journal, complete with daily tips and visualization exercises, where teens are to record progress and keep a food diary, decreasing the book's suitability for libraries. A comprehensive, straightforward, common-sense treatment of weight loss that lacks the hype can be found in Michael D. Lebow's *Overweight Teenagers: Don't Bear the Burden Alone* (Basic Bks., 2003).

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Jorge Cruise is the #1 New York Times bestselling fitness author of over twenty diet and fitness books in over sixteen languages. He is a contributor to The Dr. Oz Show, Steve Harvey, Good Morning America, the Today show, the Rachael Ray Show, Extra TV, Huffington Post, First for Women magazine, and The Costco Connection. He has his own show on Hay House Radio, Radio Jorge: Wellness for Busy People, with over twelve million listeners.

good

I ordered the wrong size book, it came as a mini book. But book was ok

my sister, I have owned many knives over the years, but this is the first real" bread product that I have ever owned. I really like the construction and design. It works exactly as advertised. I have used it on bread and tomatoes and it did the job perfectly well. I would recommend this product to anyone who needs a quality bread product." just fine, Very well. very good seller .

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