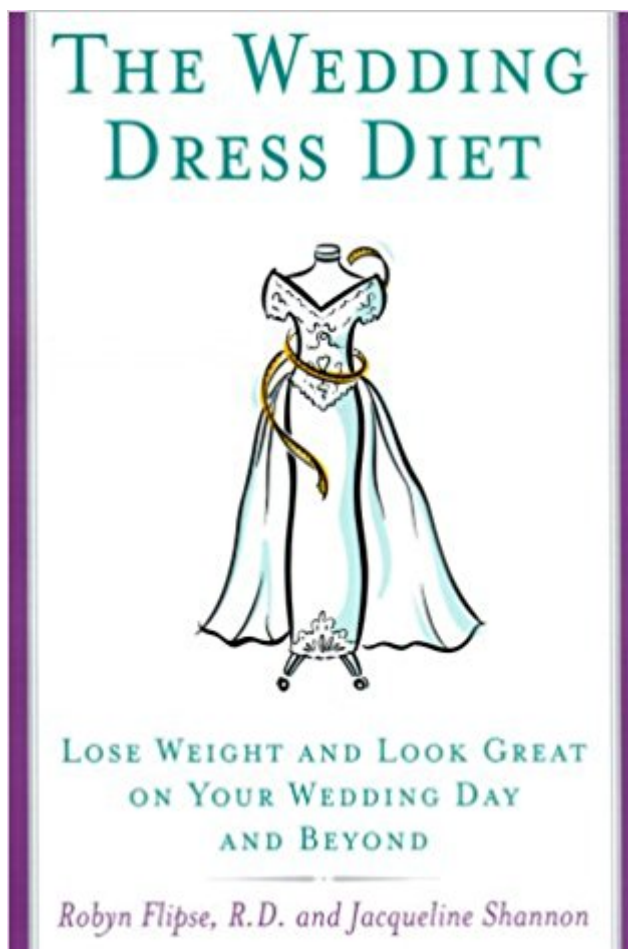


The book was found

The Wedding Dress Diet



Synopsis

Bursting with information, inspiration, and advice, *The Wedding Dress Diet* is the next must-have for every bride's trousseau. An upcoming wedding is the ultimate weight-loss motivator. But many brides-to-be resort to fad diets and end up disappointed with the results--either they don't lose the weight, or their health and energy are lost along with it. Finally, in *The Wedding Dress Diet*, Robyn Flipse and Jacqueline Shannon describe a sensible weight-loss plan that readers with one year, six months, or three months to go before the big day can follow, so they can look good and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony; it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *The Wedding Dress Diet* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own. Finally, in *THE WEDDING DRESS DIET*, Robyn Flipse describes a sensible plan that readers with one year, six months, or three months to go before the big day can follow to lose weight sensibly so they'll look and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony, but it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *THE WEDDING DRESS DIET* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own.

-->

Book Information

Paperback: 256 pages

Publisher: Main Street Books; 1 edition (January 4, 2000)

Language: English

ISBN-10: 0385499019

ISBN-13: 978-0385499019

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 2.5 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,416,773 in Books (See Top 100 in Books) #81 in Books > Crafts, Hobbies & Home > Weddings > Gown #13332 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #300681 in Books > Reference

Customer Reviews

"...A deliciously funny yet practical diet book...Covers all the bases from how to pick out a wedding dress to suit a bride's figure to how to calculate a healthy weight for her height." USA Today "...This book is full of sane advice from a humorous and humane registered dietitian and a co-author with an upbeat, motivational attitude. The anecdotes are all up-to-the-minute - even Sophie Rhys-Jones pre-nuptial regimen is included (it involved seaweed wraps) - and the authors offer tips that extend beyond crash diets. To wit: how to choose a dress that minimizes figure flaws; how to pose for photos; how to set up a 'slim kitchen'." New York Daily News "The[ir] book is no magic bullet--the weight loss plans inside advocate a balanced diet and exercise. But the book also includes helpful tips on managing wedding-related stress, handling potentially disastrous pre-wedding eating events and finding the right wedding dress for your figure." LA Times --This text refers to an out of print or unavailable edition of this title.

Bursting with information, inspiration, and advice, *The Wedding Dress Diet* is the next must-have for every bride's trousseau. An upcoming wedding is the ultimate weight-loss motivator. But many brides-to-be resort to fad diets and end up disappointed with the results--either they don't lose the weight, or their health and energy are lost along with it. Finally, in *The Wedding Dress Diet*, Robyn Flipse and Jacqueline Shannon describe a sensible weight-loss plan that readers with one year, six months, or three months to go before the big day can follow, so they can look good and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony; it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *The Wedding Dress Diet* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own. Finally, in *THE WEDDING DRESS DIET*, Robyn Flipse describes a sensible plan that readers with one year, six months, or three months to go before the big day can follow to lose weight sensibly so they'll look and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic

fiancÃ©es cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony, but it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but THE WEDDING DRESS DIET is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own.

-->

Don't waist your money on this book. It was a waist of my time and did not offer me any long term solutions.

This book is motivating for any bride-to-be as it provides practical tips and realistic goals for weightloss. However, don't be fooled by the title...it does not provide an actual diet. Basically the book just inspires you to eat anything with moderation and to exercise. That is something experts have been recommending for decades. In essence, nothing new is established. You're better off buying a bride magazine.

Authors Robyn Flipse and Jacqueline Shannon have written a book that's loaded with great information for brides-to-be and others interesting in shedding some pounds on a deadline in a sensible way. I bought "The Wedding Dress Diet" for a bride-to-be who wanted to lose "exctly 18 pounds to get down to my fighting weight of 112." She read the book, loved it, and reported yesterday she was right on schedule to attain her goal. Now, here's the surprise: before giving my friend her gift, I read it myself. I started flipping some pages in the bookstore to get a sampling, and soon got hooked. When I got home, I read the whole darn thing. It's brilliantly organized, very well written and liberally sprinkled with humor. The nutritional and exercise tips and the advice on reducing stress can be used by men as well as women -- whether or not they're headed for the altar. Here's a handful of rice tossed in the direction of Flipse and Shannon.

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

Affordable and Practical Wedding Guide for Planning The Best Wedding Celebration: Weddings: Creative Wedding Ideas - Wedding Decorations - Wedding Dress - Wedding Planning - Wedding Accessories Secrets to Wedding Dress Shopping: An Insider's Guide to Saying Yes to Your Dress from Colorado's Wedding Dress Experts Make Your Wedding Budget Go Further: Learn Wedding Planner Secrets To High Quality, Cheap Weddings Through Effective Wedding Planning (wedding favors, ... wedding magazines, wedding bouquets,) Wedding Planning: Affordable and Practical

Wedding Guide for Planning The Best Wedding Celebration - Creative Wedding Ideas - Wedding Decorations - Wedding ... Accessories (Weddings by Sam Siv Book 1) The DIY Wedding: How to Bootstrap Your Way to the Perfect Wedding (Wedding Dress, Wedding Planning, Invitations, Centrepieces, Favours) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Wedding Planning Guide: A Practical, on a Budget Guide to a Sweet and Affordable Wedding Celebration (Wedding ideas, Wedding tips, Step by Step Wedding Planning) Your Ultimate Wedding On A Budget Guide: How To Save Thousands Of Dollars, Time And Stress While Planning Your Dream Wedding (Wedding Inspiration, Inexpensive Wedding, Perfect Wedding Book 1) Wedding Planning - 25 Essentials: The Ultimate Guide for Selecting Dresses, Cakes and Decorations on a Budget (Wedding Planning, Wedding Registry, Wedding ... Rings, Wedding Reception, Getting Married) crochet wedding dress pattern pdf Nr25: crochet wedding dress pattern pdf Nr25 Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Wedding Dresses - A Picture Guide Book For Wedding Dress and Gown Inspirations: A Picture-Perfect Guide To Selecting The Perfect Wedding Gown Is The Perfect ... For Brides-To-Be (Weddings by Sam Siv 7) How to Officiate a Wedding: An Essential Guide to Becoming a Wedding Officiant, Creating a Wedding Ceremony Script, and Conducting the Perfect Ceremony (Officiating a Wedding) Wedding Decorations : An Illustrated Picture Guide Book: Wedding Decoration Inspirations and Ideas for Your Most Special Day (wedding decor, wedding decorating, ... design) (Weddings by Sam Siv Book 10) Wedding Planning on a Budget: The Ultimate Wedding Planner and Wedding Organizer to Help Plan Your Dream Wedding on a Budget: Weddings by Sam Siv, Book 24

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)