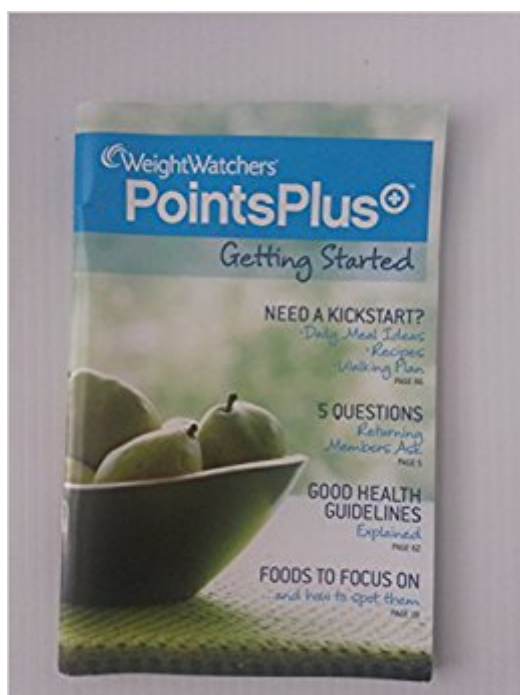


The book was found

# WEIGHT WATCHERS POINTS PLUS Getting Started



## Synopsis

Getting started, Mastering the basics / Stay On Target!, Treat Yourself!, Power Up! / Get Up & Go!, Kick Start guide, and 8 Essential Recipes. 102 PAGES

## Book Information

Paperback

Publisher: Weight Watchers (2011)

ASIN: B004UW3VUK

Package Dimensions: 8.2 x 5.9 x 0.9 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 3.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #577,119 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

## Customer Reviews

Getting started, Mastering the basics / Stay On Target!, Treat Yourself!, Power Up! / Get Up & Go!, Kick Start guide, and 8 Essential Recipes. 102 PAGES

I was really disappointed with this book. I was expecting it to tell me how to do the point system but all it really does is reinforce the need to join Weight Watchers and learn from going to a meeting. Would I buy a book like this again--absolutely not. All it does is encourage enrollment in Weight Watchers.

It's a starting book not a points guide. I guess if you've never encountered or heard of Weight Watchers, then this book is good for you as an intro... but honestly, this book is really an intro for those who have lived under a rock. I know how weight watchers works and just wanted the points... there really isn't the points system in here... just explanations about the points system.

Not at all what this buyer was lead to believe was being offered. Paid entirely too much for what turned out to be only a booklet of enticement to join Weight Watchers. Almost \$10's for price and shipping! Very disappointed with this seller for charging so much for this item. Shame on you!

Really good for my losing 40 lbs. i cant lose unless I'm accountable for my intake. But with counting my intake. It came off easy. No diet just watching fats and calories , and sugar. I also cut out some

oft salt and did no salt. Might not be for everybody. But it was for me

Small booklet with limited information. Paid \$17 for it and was very disappointed with it.

I was able to purchase this from much less than Weight Watchers If you are like me and just simple want to know what to eat and not have to count calories you can get this directly from and save yourself some money.

It's ok but not as helpful as I hoped with the new program.

This explains points plus better

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

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016  
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers  
2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:  
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,  
Weight Watchers Diet) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals,  
Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers:  
Weight Watchers Cookbook â “ Smart Points Edition â “ Lose Weight By Eating Smarter (Weight  
Watchers Pocket Guide) Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes  
For Natural Weight Loss & Clean Eating WEIGHT WATCHERS POINTS PLUS Getting Started  
Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test  
Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50  
Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet  
Book) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders  
Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight  
Watchers One Pot Meals 100 Weight Loss Recipes - Smart Points Edition: Weight Loss Points  
Cookbook: The Newest, Easiest, and Most Fun Way to Lose Weight. (Includes Slow Cooker and  
Instant Pot Recipes) WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable  
Cookbook Weight Watchers 2012 Complete Food Companion Brand New Points Plus Weight  
Watchers PointsPlus Plan 2012 Dining Out Companion Book Points Plus (2012) Weight Watchers  
Points Plus Cookbook Weight Watchers Points Plus Complete Food Companion 2011 (Food  
Companion ONLY) Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Weight

Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers In 20 Minutes (Weight Watchers Cooking) Weight Watchers Cookbook: Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)