



## Weight Watchers Handbag Book of Inspirations

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By Weight Watchers

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, Weight Watchers Handbag Book of Inspirations, Weight Watchers, Sexy, fun and colourful this book is what 50% of the female population crave - a book of reminders, tips and ideas to sustain them between Weight Watchers (and other slimming programmes) meetings. This is not preachy or bossy but a great book to keep in your handbag or your desk drawer and dip into at moments of weakness. What to do on holiday, parties, lunches, going out with friends - at home all day? Here's how to take your mind off eating the wrong things. Here are incentives to get you moving instead of snacking.



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