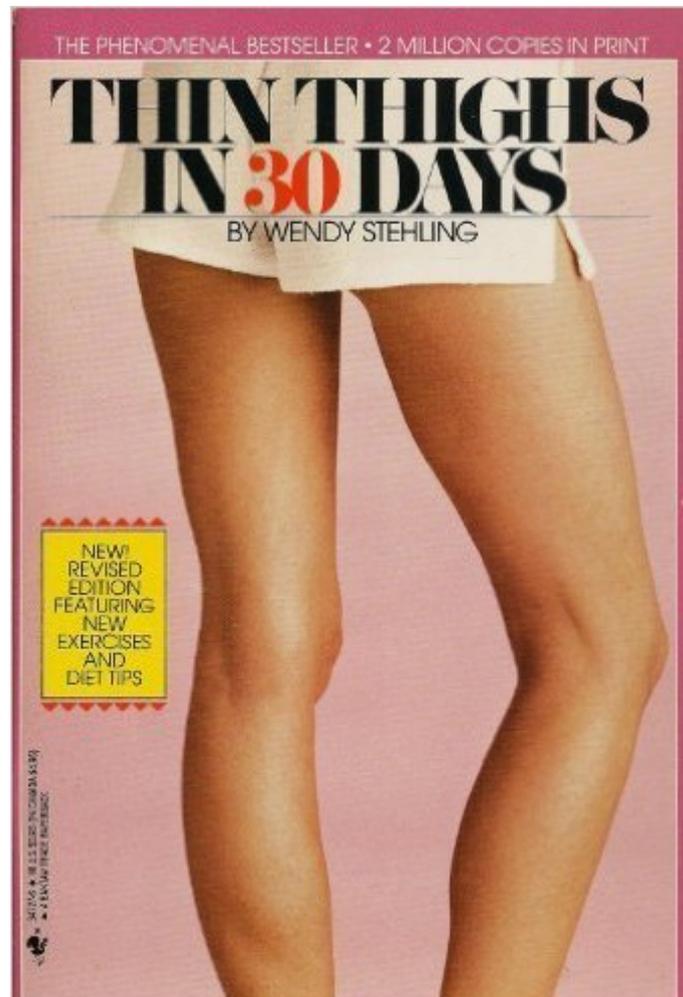


The book was found

Thin Thighs In Thirty Days



Synopsis

Great Book!

Book Information

Paperback

Publisher: Bantam; Revised edition (May 1, 1989)

Language: English

ISBN-10: 0553347276

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Product Dimensions: 0.2 x 5.2 x 7 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #2,318,826 in Books (See Top 100 in Books) #90 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #12936 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

I remember picking up this book at a thrift store and the low price tag and of course title caught my eye. At the time, I was pretty sceptical but, I started doing what Wendy says in her book and it actually worked! I have almost every book on how to slim your thighs but this is one of the most effective I've ever tried. It's realistic in it's approach and I was pleased with the results. It worked as well as ballet class did when I was younger. If you're able to pick up a copy do it! I highly recommend this book.

It works. Always been heavy thighed. This summer wore shorts for the first time in years. Will continue to use.

I followed the recommended program and really saw results in my thighs. I did not do it every single day but when I did exercise I did all of the thigh sets. After the first time you exercise you may feel sore but you most likely won't feel any of this until the next day. Once you get used to it... it won't be that bad. If you are consistent and willing to put in the effort- you will get results.

the booklet was small simple & informative... what more do you need.. oh yeah just to put it into practice. we are working on that have noticed a difference in under 2 weeks just needs

commitment!

Followed this book to the letter for all 30 days. My legs never looked so great! Lots of walking and the dieting helped also.

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