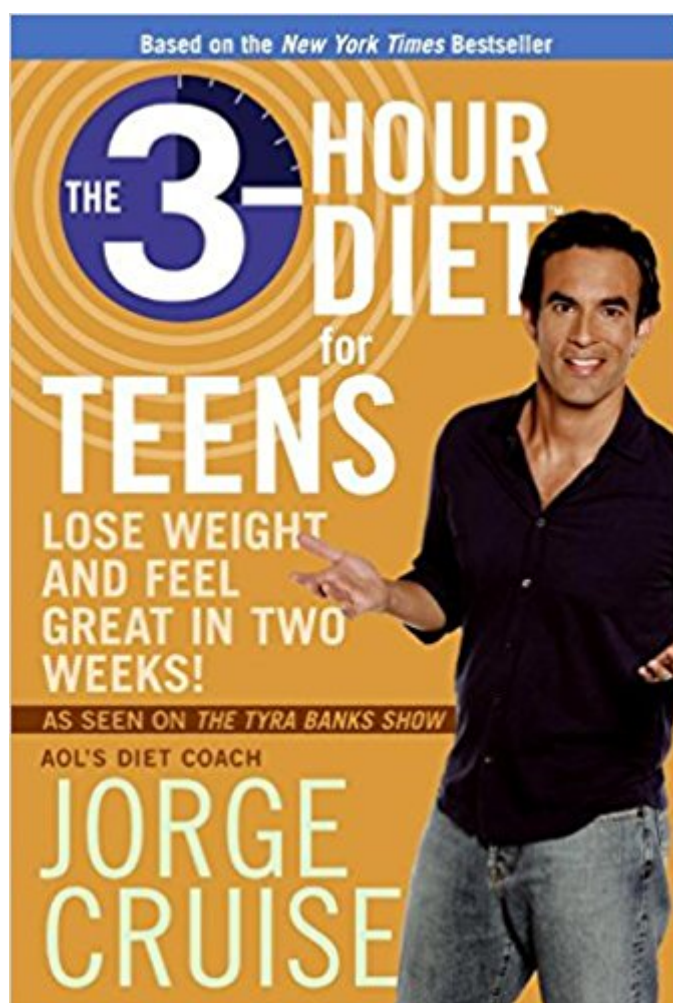




The book was found

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 über-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). • Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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 .

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

The 3-Hour Diet for Teens: Lose Weight and Feel Great in Two Weeks! Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) 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) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) 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) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) 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) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback The Two Week Transformation Detox Diet Book: Lose a Pants Size in Two Weeks! Detox Diet Plan for Quick Weight Loss and Health Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)