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Andrea's Wellness Notes The Little Book of Thin

Her brand-new book, The Little Book of Thin, was just released and when the opportunity arose to review the book I jumped at it. The book did not disappoint - from the look and feel of it to all the countless weight loss and maintenance tips and strategies, I enjoyed them all.

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The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma [Lauren Slayton] on Amazon.com. *FREE* shipping on qualifying offers. The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook

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The Little Book of Thin by Lauren Slayton

About The Little Book of Thin The ultimate cheat sheet that sets out a workable and flexible plan for

successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook , nutritionist and founder of Foodtrainers , Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps.

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Little Book of Thin My Judy the Foodie

Little did I know at the time, my colleague was a walking poster child for Foodtrainers, Lauren s successful nutrition practice in New York City. Three years later, Lauren and I would finally meet each other in the lobby of a nursery school as our children embarked on their educational journeys (and that was 8 years ago!).

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