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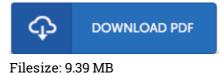
THE BIGGEST LOSER DESSERT COOKBOOK: MORE THAN 80 HEALTHY TREATS THAT SATISFY YOUR SWEET TOOTH WITHOUT BREAKING YOUR CALORIE BUDGET



Rodale Books, United States, 2010. Paperback. Book Condition: New. 213 x 201 mm. Language: English . Brand New Book. Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul....

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- Authored by Devin Alexander, The Biggest Loser Experts and Cast
- Released at 2010



Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

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