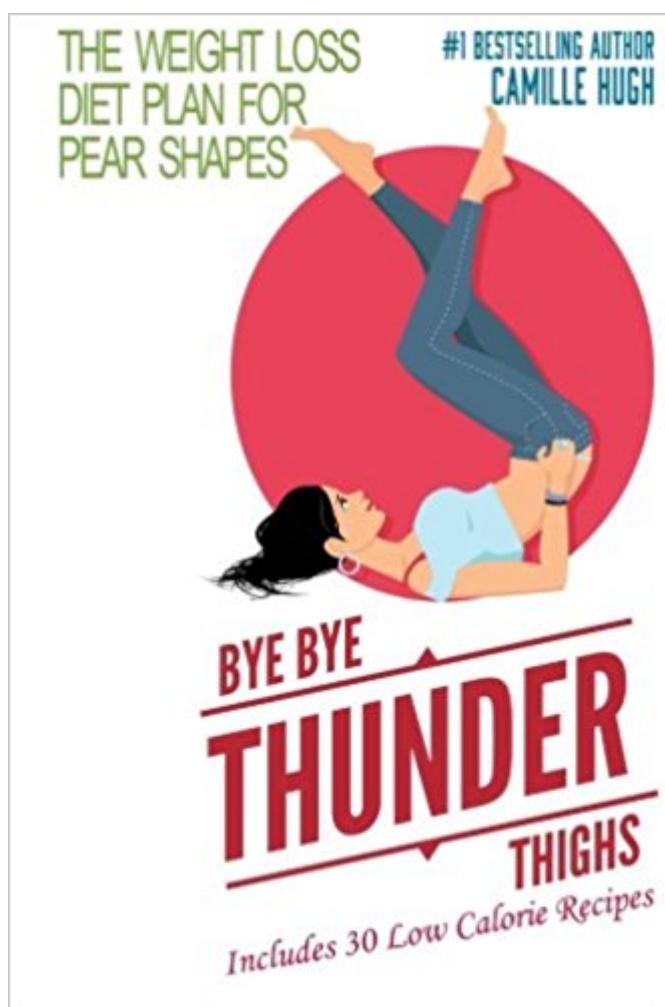


The book was found

Bye Bye Thunder Thighs: The Weight Loss Diet Plan For Pear Shapes



Synopsis

Yes, you can change your shape (No surgery, starvation diets or High Intensity Interval Training Required) Did you know that pear shapes are more likely to have body image issues associated with their shape than any other body shape? This is because body fat stored in the thighs, legs and buttocks is less metabolically active and thus harder to burn off than fat stored anywhere else on the body. Regular diet and exercise won't work. Squats, lunges and HIIT only exacerbates the problem. It takes a strategic approach. My four-printed protocol utilizes diet and exercise to target the true culprits that make losing thunder thighs so difficult - water retention, stubborn fat, bulky muscles and inflammation. So what are you waiting for? Transform your body and your life today with the latest book from the #1 best selling author, Camille Hugh - **BYE BYE THUNDER THIGHS**

Book Information

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Customer Reviews

I really enjoyed reading Bye Bye Thunder Thighs. My thighs and arms are the parts I have trouble with the most. It's frustrating when you try so hard and don't see results, which is why when I saw Camille Hugh's books I was excited to learn what foods are good and bad for slimming down. There are a lot of conflicting opinions and fitness trainers often tell you to eat following the food group recommendations or foods which feed the body/muscle but it only results in muscle gain (I personally don't want that). I am really hoping that this works. Oh and the best part is she provides us with recipe ideas so that we don't have to eat bland boring food.

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