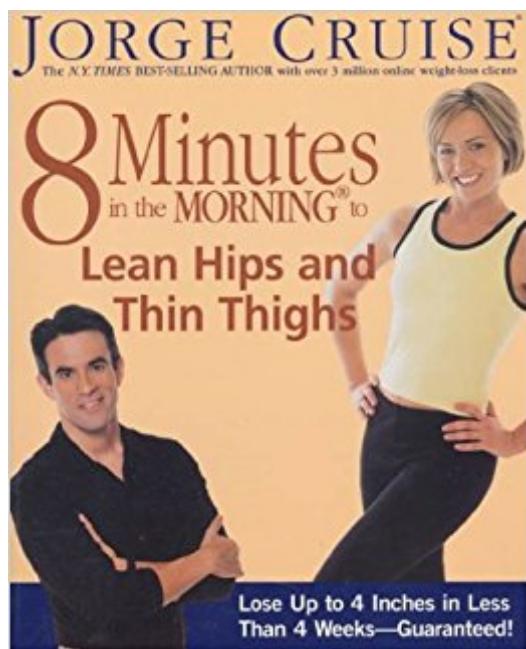


The book was found

8 Minutes In The Morning To Lean Hips And Thin Thighs



Synopsis

Lose up to 4 inches from your hips and thighs in less than 4 weeks-- guaranteed! Have you had a hard time shedding the fat and cellulite from your hips and thighs? Now, whether you're new to the Jorge Cruise weight-control plan or not, 8 Minutes in the Morning to Lean Hips and Thighs will help you lose up to 4 inches in less than 4 weeks-- guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your hips and thighs. Each day you'll do a simple Cruise Move routine that sculpts your hips and thighs and takes just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods.

Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches from your hips and thighs!"When I was a kid, I was called 'Thunder Thighs.' NOW, I'm working to have Thinner Thighs!"--Eleanor Talbot (lost 14 inches from her thighs!) "I've truly changed my lifestyle for the better."--Cheryl McCowan (shrunk 3 1/2 inches off her thighs!) "My thighs have always been a trouble zone for me, and now I have the tools to zap them!"--Bonnie Barrett (lost 4 inches from her thighs!)

Book Information

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Customer Reviews

Ã¢ "Workout revolution!"Ã¢ •Ã¢ "The New York Times (on Jorge Cruise and his 8-minute weight-loss plan)"Ã¢ "Very inviting."Ã¢ •Ã¢ "The Washington Post (on Jorge

Cruise and his 8-minute weight-loss plan) "Lose 2 pounds a week." • USA Weekend (on Jorge Cruise and his 8-minute weight-loss plan)

Lose up to 4 inches from your hips and thighs in less than 4 weeks-- guaranteed! Have you had a hard time shedding the fat and cellulite from your hips and thighs? Now, whether you're new to the Jorge Cruise weight-control plan or not, 8 Minutes in the Morning to Lean Hips and Thighs will help you lose up to 4 inches in less than 4 weeks-- guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your hips and thighs. Each day you'll do a simple Cruise Move routine that sculpts your hips and thighs and takes just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods.

Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches from your hips and thighs!"When I was a kid, I was called 'Thunder Thighs.' NOW, I'm working to have Thinner Thighs!"--Eleanor Talbot (lost 14 inches from her thighs!) "I've truly changed my lifestyle for the better."--Cheryl McCowan (shrunk 3 1/2 inches off her thighs!) "My thighs have always been a trouble zone for me, and now I have the tools to zap them!"--Bonnie Barrett (lost 4 inches from her thighs!) JORGE CRUISE struggled with his weight as a child and young man. Today he has over 3 million online clients at JorgeCruise.com, is the "weight-loss coach" columnist for Prevention magazine with 11 million readers, and is the New York Times best-selling author of the 8 Minutes in the Morning book series. He has been featured in USA Today, Woman's World, First for Women, Self, Shape, Cosmo, and Fit, and has appeared on Oprah, CNN, Good Morning America, Dateline NBC, and The View.

I've been overweight & out of shape for way too long. After easing into the exercise & diet practices in this book for only a month, I'm 10-pounds lighter, much more firm & noticeably stronger! I can keep doing this! Thank you Jorge!

Bought this book to replace the one I already owned because I let a friend borrow and she never returned it. Great book...easy eating plan and super easy exercise plan. It works!

great book

nice

I've read all the way through and started the program...we'll see if I will continue and achieve the results it says.

I like the how easy this book is to follow, good program overall.

I first found Jorge Cruise in the [...] Connection magazine. I downloaded his free "Belly Fat Report" and then purchased 8 Minutes in the Morning. In the past I've tried every diet out there from Atkins to The Zone to South Beach, etc. Most of the time I would lose weight, become very frustrated with the deprivation, stop the program and gain the weight back. I never realized until I read this book as to why I was constantly craving sugar. I WAS the biggest sugar addict on the planet. I loved fruit, fruit juices, soda and every kind of sweet out there. On Jorge's plan, you pay close attention to your sugar intake (it doesn't mention this in the book but you should strive for no more than 15gm sugar/day and 6 servings of carbohydrates). Most plans lump all carbs into the same undesirable category. Anyway, I didn't find the first week to be exactly starvation, as some reviewers have pointed out, but I did get hungry a few times and chewed quite a bit of sugar-free gum! I felt great after the first week and very much looked forward to having more food starting with week 2. Bottom line: I no longer crave sugar, and I actually treated myself to a half-slice of cheesecake on my birthday. I ate 3 bites on the birthday, 3 bites the day after, and 3 bites the day after that. For me to do anything less than gobble up the entire dessert is unheard of. I am so glad that I am now in control of my eating instead of the other way around. I recently saw a youtube video of Dr. Wayne Dyer on Ellen Degeneres' talk show and he interviewed Jorge Cruise, who told him that in the 1800s people ate an average of 13gm sugar per day, and now it is 245gm/day. Dr. Dyer limited his sugar intake to about 25-30gm/day and lost 15 excess pounds in one month. This program may not work for everyone, but if you are BIG TIME addicted to sugar, I'd give it a try. I've lost 16 pounds and have quite a bit left to go, but I am very confident that I will get there because this is so easy. The daily exercises are simple and only require a set of weights.P.S. After ONE WEEK on Jorge's program my cholesterol dropped 25 points.

Exellent book. I bought it for myself but at 72 so out of condition lower body too difficult. Going to give it to a family member.

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