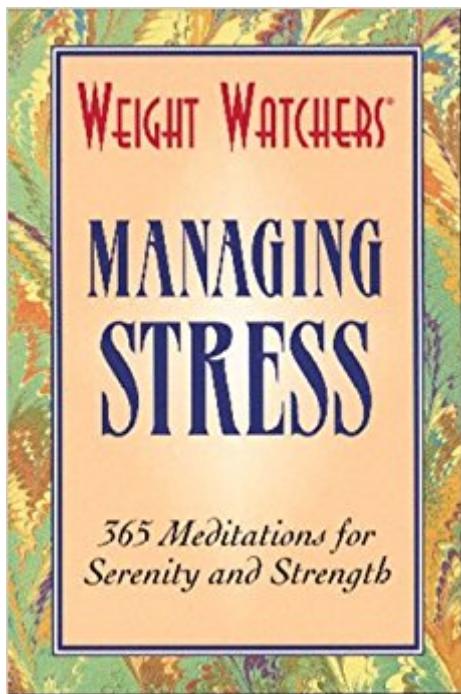


The book was found

Weight Watchers Managing Stress



Synopsis

All too often, stress leads people to overeat, adding health problems to the other forms of stress in their lives. With Weight Watchers Managing Stress, there are 365 days of helpful guidance, offering strength, encouragement and creative ideas to help people through stressful times. Using the successful meditational format of daily wisdom, this book will assist everyone who ever thought food was the only answer to their problems. With Weight Watchers help, people will find innovative, appealing ways to manage the stress in their lives.

Book Information

Series: Weight Watchers

Paperback: 384 pages

Publisher: Wiley; 1 edition (October 1, 1996)

Language: English

ISBN-10: 0028610008

ISBN-13: 978-0028610009

Product Dimensions: 4 x 0.9 x 6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #696,127 in Books (See Top 100 in Books) #106 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1297 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #1798 in Books > Self-Help > Stress Management

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