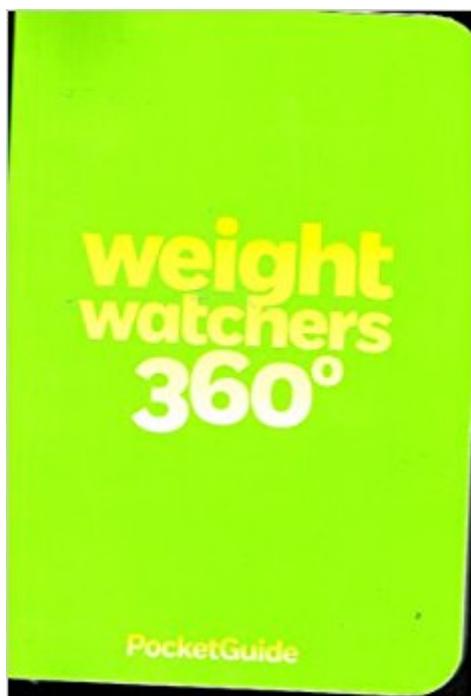


The book was found

Weight Watchers 360 Pocket Guide



Synopsis

This is the 2013 Pocket Guide.

Book Information

Paperback: 160 pages

Publisher: Weight Watchers (July 1, 2012)

Language: English

ASIN: B00DDSBHT0

Package Dimensions: 5.7 x 3.9 x 0.4 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.0 out of 5 stars 10 customer reviews

Best Sellers Rank: #495,219 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

This is the 2013 Pocket Guide.

Didn't have a lot of what I needed in it. I was hoping it was more informative than it was. Not like the old weight watcher books that had a lot of food listings

The book I ordered not knowingly was only 23 pages written in English of the 160 content pages. Shocked and disappointed in this version. I am hoping another version is more friendly to English non bilingual readers. Extremely poor content information given while selecting this book. I will need to return this version with hope another all English version exists. Unsure.

Yes, I would recommend this product. It is very easy to use! I use it instead of the online now. Thank you

Helps the wife

Use it faithfully.

essential

Great program.

It has a lot of the basic foods, but it could use more choices. It does not include all restaurants..

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