



Skinny Habits: The 6 Secrets of Thin People (Skinny Rules)

Bob Harper, Greg Critser

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Bob Harper lets us in on the secret behaviors of people who not only lose weight but keep the pounds off for good—and make it look easy.

In Bob Harper's #1 *New York Times* bestselling book *The Skinny Rules*, the trusted trainer and coach of NBC's *The Biggest Loser* laid out the twenty nonnegotiable eating rules for getting thin.

In the process of helping countless men and women reach their weight loss goals, Harper has noticed six fundamental patterns in the lifestyle choices of those who succeed long-term—from the unique way they plan ahead to how they organize their environment and social calendars to even the way they dress. With his signature authority, colorful stories, and real-world solutions, Harper draws on the most up-to-date research related to habit formation, neuroplasticity, and cognitive behavioral psychology to show how feeding your brain—"the muscle between your ears"—can wield as much control over your weight as what you put in your mouth.

With anecdotes about his clients, guided steps for adopting your new practices, and tips for integrating them into your own daily routine, *Skinny Habits* has everything you need to shape your body and your life!

From the Hardcover edition.

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From reader reviews:

Ricky Dotson:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled Skinny Habits: The 6 Secrets of Thin People (Skinny Rules). Try to the actual book Skinny Habits: The 6 Secrets of Thin People (Skinny Rules) as your pal. It means that it can to become your friend when you feel alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you far more confidence because you can know every thing by the book. So , let me make new experience in addition to knowledge with this book.

Dorothy Betancourt:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a guide. The book Skinny Habits: The 6 Secrets of Thin People (Skinny Rules) it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to create this book you can buy the particular e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book offers high quality.

Tommy Worm:

The book untitled Skinny Habits: The 6 Secrets of Thin People (Skinny Rules) contain a lot of information on the idea. The writer explains her idea with easy way. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was published by famous author. The author brings you in the new era of literary works. You can easily read this book because you can read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice examine.

Mildred Shaw:

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