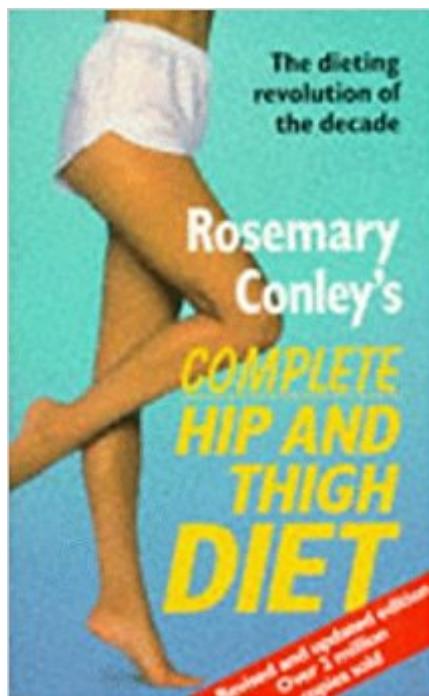


The book was found

# Rosemary Conley's Complete Hip And Thigh Diet



## **Synopsis**

As thousand of successful slimmers have testified, the Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat-charts, and a new programme of exercises for the hips and thighs, dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy!

## **Book Information**

Paperback: 304 pages

Publisher: ARROW; 2Rev Ed edition (1993)

Language: English

ISBN-10: 0099110113

ISBN-13: 978-0099110118

Package Dimensions: 6.9 x 4.4 x 1.1 inches

Shipping Weight: 8 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,473,238 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #13319 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## **Customer Reviews**

As thousand of successful slimmers have testified, the Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat-charts, and a new programme of exercises for the hips and thighs, dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy!

I tried this diet in the 1990s and it absolutely worked for me. After many years of moving around, I

lost my original book so I had to order another one, because I knew this diet was the only successful method I have ever had of losing weight effortlessly. It is so easy to follow because a lot of the foods you can choose to eat have unlimited quantities, so you never go hungry - plus all the food choices are normal, basic pantry style food. It also gives easy options for packed lunches for work or school. I didn't exercise and still lost weight. This is the only diet I ever follow whenever my weight fluctuates back up. It is easy and it really does work.

Back in the mid 1980s, I was living in nurses accommodation, this book hit the market to great fanfare. Practically every nurse in the place bought it and started following Rosemary Conleys advice. They all loved it, me too because it works. Of course, like any eating plan for weight loss, you actually have to do it! However, once you read the advice and get to know the recipes it truly works. Basically it is a very low fat plan, but the recipes are tasty and filling, my favourite snack/lunch would have to be chopped veggies in a special yoghurt sauce. Though not a vegetarian some of the main V. meals are easy, tasty and filling and there are plenty of meat recipes too. Ms. Conley also provides an exercise regimen, can't say I did that but by following the eating plan I soon lost the pounds. In the introduction Ms. Conley explains how she came to devise this diet, and that in itself is interesting and convincing reading. This book is an updated version of the original containing a few testimonials from successful dieters. Highly recommended. This book is my own purchased copy

[Download to continue reading...](#)

How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Rosemary Conley's Complete Hip and Thigh Diet Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Tight Hip Flexors: The 7 Minute Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet,

anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)