



## Side Effect: Skinny: Denise Austin's Fat Blast Diet

By Denise Austin

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### Side Effect: Skinny: Denise Austin's Fat Blast Diet By Denise Austin

It's a common sentiment among all women: we want to be fit, we want to get healthy, and we want to have more energy to live our busy, beautiful lives!

Denise Austin, the internationally-renowned fitness guru, understands women's wants, needs, and the hurdles that they face. A culmination of Austin's decades of research and experience she focuses on getting real-life women to look and feel their very best, *Side Effect: Skinny* introduces easy-to-implement weight loss solutions and simple yet powerful methods that encourage women of all ages to stay fit. She's redefining "skinny" and showing you that you don't need to be rail-thin to look gorgeous and live healthier.

Possessing straightforward, real-life health tips, meal plans and fitness solutions, *Side Effect: Skinny* reveals:

- **The Top *Side Effect: Skinny* Foods:** Austin shares her top picks for nutrient-dense foods that actually look like the part of the body they help! Visualize to melt away the pounds and boost health inside and out with foods like juicy red tomatoes (great for the heart!) and crunchy almonds (perfect for strong nails!)
- **How to Jump Start Weight Loss:** With Austin's custom meal plans, it's possible to safely and easily jump start weight loss – even to lose up to 10 lbs. in the first 3 weeks!
- **Favorite Recipes and Fat-Blasting Workout Plans:** All of the homework is done for you as Austin reveals must-know weight loss tips and tricks, great shopping lists, and exciting exercises, like interval training and 7-Minute Slimmer plans ... plus her all-time favorite recipes that she enjoys with her own family!
- **How to Stay Forever Fit:** Austin provides a useful lifestyle guide revealing how to eat to be forever "skinny," so that you're always taken care of.
- **Solutions for On-the-Go, Busy Women:** No place is off limits for losing weight – Austin reveals how to burn extra calories whether you're in the car, kitchen, or office, to whittle the middle and tone the muscles from head to toe.

At last, Denise shows you how easy it can be to get healthy and feel more energetic ... with the happy side effect of getting thin!

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## **Editorial Review**

### About the Author

Known as "'America's favorite fitness expert,'" Denise Austin has sold over 24 million exercise videos and authored more than 12 books on health and fitness. As a worldwide fitness phenomenon, she has created a loyal audience with her two major television shows: *Getting Fit*, which ran for 10 years on ESPN and continued under the new name *Denise Austin's Daily Workout*, and *Fit & Lite*, both on Lifetime.

Denise served two terms on the President's Council on Physical Fitness and Sports. She has testified before the U.S. Senate Committee on Health, Education, Labor, and Pensions, helped launch the new food guidance system of the U.S. Department of Agriculture, and was recently honored by Woman's Day magazine and the American Heart Association with the Red Dress Award for her contributions to heart health. Married for over 25 years to Jeff Austin, they have two teenage daughters, Kelly and Katie.

## **Users Review**

### **From reader reviews:**

#### **Michael Milliner:**

The book Side Effect: Skinny: Denise Austin's Fat Blast Diet can give more knowledge and information about everything you want. So just why must we leave the great thing like a book Side Effect: Skinny: Denise Austin's Fat Blast Diet? Wide variety you have a different opinion about book. But one aim that will book can give many information for us. It is absolutely right. Right now, try to closer using your book. Knowledge or details that you take for that, you could give for each other; it is possible to share all of these. Book Side Effect: Skinny: Denise Austin's Fat Blast Diet has simple shape but the truth is know: it has great and large function for you. You can seem the enormous world by open and read a book. So it is very wonderful.

#### **Melanie Ratcliff:**

Side Effect: Skinny: Denise Austin's Fat Blast Diet can be one of your beginner books that are good idea. Most of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Side Effect: Skinny: Denise Austin's Fat Blast Diet yet doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information can drawn you into new stage of crucial considering.

#### **Deb Valdez:**

This Side Effect: Skinny: Denise Austin's Fat Blast Diet is great publication for you because the content and that is full of information for you who always deal with world and also have to make decision every minute.

This specific book reveal it info accurately using great coordinate word or we can state no rambling sentences inside it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having Side Effect: Skinny: Denise Austin's Fat Blast Diet in your hand like obtaining the world in your arm, details in it is not ridiculous a single. We can say that no e-book that offer you world throughout ten or fifteen small right but this book already do that. So , this is certainly good reading book. Hi Mr. and Mrs. hectic do you still doubt this?

### **William Patterson:**

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