

I Want What Shes Having, Now! is a no-nonsense, relatable call to action for people wanting to lose weight and become the healthiest version of themselves, both inside and out. Tora Cullip and Donna Richards offer practical, realistic and long-lasting solutions to help you reach your confident weight and never go back. The book is focused on three central ideas for getting fast and lasting results: - How your MINDSET might have spoiled your weight loss attempts in the past but could be your biggest asset in the future - How to rev up your METABOLISM by following the Ten Commandments for looking hot and feeling healthy - plain-speaking rules for eating, exercising, and sleeping to get the body you want - How MOTIVATION isnt a question of willpower but of WhyPower - and exactly where to find the weight loss incentives that actually work for you Liberally sprinkled with inspirational stories about people whove achieved their goals, I Want What Shes Having, Now! is the perfect guide for finding the weight you want and a life youll love. Apply the principles in this book to be comfortable in your own skin and love whats looking back at you! This book is like The Four Agreements for weight control. Tess Masters, aka The Blender Girl I really DO want what shes having! What woman doesnt want to feel good in her own skin, clear in her mind and empowered in her body? Lashaun Dale, senior national creative manager, Equinox Fitness

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