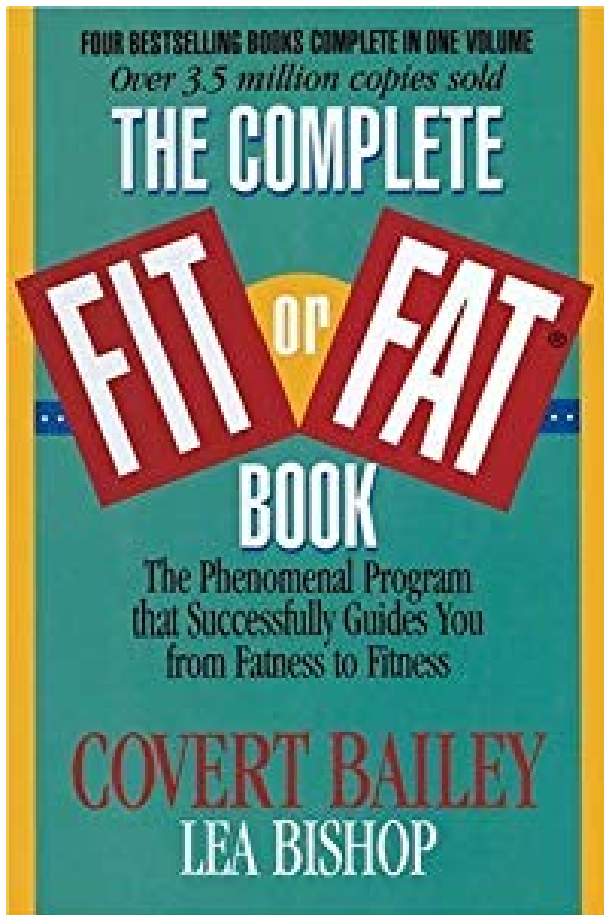


The Complete Fit or Fat® Book: The Phenomenal Program that Successfully Guides You from Fatness to Fitness



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Get with the program...and get fit! The Fit or Fat® series, with its' realistic diet and exercise plans, has sold more than 3.5 million copies--because it really works! So dieters will be thrilled to know that they can get four of these bestselling titles in one convenient volume. The New Fit or Fat, The Fit or Fat Woman, The Fit or Fat Target Diet, and Fit or Fat Target Recipes provide all the guidance anyone needs to make a lasting lifestyle change. They examine popular misconceptions about the "perfect shape," eating healthily, and exercising effectively. There are also plenty of tools for tracking your own progress, from food analysis charts to tables that break down the nutritional value of your favorite dishes.