



S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches

Cynthia Sass

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Formerly Published as *Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches*

Easy, Fast, Chocolate! Finally, The Plan You Can Stick With

I feel almost that this is too much food, too decadent.—Chris, age 54

I lost 8 pounds and 1.5 inches from my hips in just five days!—Adina, age 28

I love eating these meals. I don't feel deprived at all!—Laurene, age 36

Acclaimed nutritionist Cynthia Sass has proven, once and for all, that fast, sustainable weight loss is not about deprivation—in fact, this diet is anything but, featuring treats from guacamole to mandatory chocolate truffles. But it's the *big* results—up to eight pounds of weight loss in the first five days alone—that make S.A.S.S. Yourself Slim the ideal plan for anyone who's ready to take control of their diet, their weight, and their long-term well-being.

After just one month on the S.A.S.S. Yourself Slim plan, you will:

- Know which healthy foods promote rapid weight loss (the answers may surprise you!)
- Enjoy dozens of delicious, easy-to-prepare recipes that help you reach your weight-loss goal
- Better understand, and control, the emotional triggers that often lead to overeating
- Sleep better and enjoy more energy
- Shed the stubborn inches and pounds you'd all but given up on

New material, including sensational swaps and seven new success stories!

Best of all, this program is designed for real lives. You won't have to pass up on nights out at your favorite restaurant, start shopping in specialty stores, or spend hours in the kitchen. S.A.S.S. Yourself Slim is a potent program that gives you the power to change your body, your health, and your life!

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From reader reviews:

Joyce Murphy:

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Ann Edwards:

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