

The book was found

Thin Thighs In 30 Days



Synopsis

A revised and updated edition of the New York Times- bestselling diet and fitness classic. Wendy Stehling, a former advertising executive, crafted this astonishingly effective program after polling all the many models and dancers she worked with on a daily basis as to how they achieved and maintained their enviable slender thighs. One of the simplest and smartest diet/fitness thigh-trimming methods known to womankind. The Thin Thighs in 30 Days singular, three-pronged approach consists of: *The Work-Off: six essential leg exercises to be performed each day for thirty days *The Walk-Off: a brisk walk to be taken each day for thirty days *The Weight-Off: a calorie-counting program to be followed each day for 30 days And the results? They're indisputable! Fully revised and updated according to the latest in diet and fitness research, and with new leg exercises that pack even more fat-busting, muscle-toning punch, this new edition of Thin Thighs in 30 Days is destined to inspire a whole new generation of women to believe that they too can have thin thighs in thirty days.

Book Information

Paperback: 112 pages

Publisher: TarcherPerigee; 1 edition (April 29, 2010)

Language: English

ISBN-10: 1585427977

ISBN-13: 978-1585427970

Product Dimensions: 5.2 x 0.2 x 8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #838,137 in Books (See Top 100 in Books) #39 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #1298 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #6358 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Book is short and concise --- follow EASY exercises -- no gym, watch what you eat etc.Simple, but the exercises pre-date Pilates and have the same effect.I am buying my 4th copy ... as I keep giving them away. The book is inexpensive, exercises work - no big mystery - just a good little manual.

This was disappointing. I wanted the original book, with the yoga exercises clearly explained. This

had the feel of "How can we update this and make money on an old favorite." I am looking for my old copy.

Thought you were displaying the original version since the cover was identical. Quite disappointed in this book. Exercises aren't as detailed as the original. Too costly to return.

"One of the best-selling weight-loss books ever written." --Jack Canfield, *The Success Principles*. Originally written in 1982 (just before Jane Fonda released her first Workout video), this slim but effective exercise guide sold 2.5 million copies. "Seven weeks after its release, *Thin Thighs*" is No. 2 on the paperback bestseller list, with 425,000 copies in print. At just 64 pages, the book is thinness itself. That doesn't mean her program is easy, merely uncomplicated." --PEOPLE magazine (8/2/82) Now, the 59-year-old author (who still has great thighs--so good in fact that she models all the exercises in the book's photo illustrations!) has REVISED & UPDATED the book for the 21st Century. She's consulted with doctors and has expanded the book (now a trim 112 pages) to include warm-up exercises; calorie and activity charts; and diaries to use whether you're working the beginners, intermediate or advanced program. There's even a bonus "30-Day EXPRESS" program for those who want to lose inches faster.

I had bought a copy a while ago and misplaced it, so making sure I hand on to this copy. If you follow the guidelines, and they are not difficult you will see and feel results. For me not wanting to go the next size up when everything was getting tight. It worked before, and I know it will work again. Sometimes when you are so tired and drained , you can't do big workouts. This I could do. Definitely a worthwhile book

I used this workout routine when the book originally came out. It's a life changer -- and it really gets you into amazing shape!

This is the second time I've owned this book as it is informative, thorough and if you follow its instructions and exercises, you will have thin thighs in 30 days.

I owned a copy of the original Thin thighs in thirty Days years ago and loved it. This is not the same book. There are only a few exercises in it, and they are not difficult enough to be very effective. Some of them are the same, but the ones that I remember being the best, aren't here. The

exercises in the old version were much better. Be aware, you will be totally ripped off on shipping...3.95 to ship this tiny book...give me a break. It came in a box, when it could have been sent in a shipping envelope. Not at all pleased with this edition.

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

Thin Thighs in 30 Days Thin Thighs in Thirty Days How To Thin Legs: Get Thinner Thighs And Slim Calves Fast 8 Minutes in the Morning to Lean Hips and Thin Thighs : Lose Up to 4 Inches in Less Than 4 Weeks-- Guaranteed! Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs How To Tone Your Thighs And Lose Belly Fat By Riding A Bike! 15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise) How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) The Best Thigh Exercises You've Never Heard Of: Shape and Strengthen Your Thighs The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only

[Dmca](#)