



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

By Cynthia Sass

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Flat Belly Diet co-author Cynthia Sass delivers a tried-and-tested weight-loss program that helps you end overeating and still feel full and satisfied—while enjoying the best, tastiest food combinations that burn fat and boost metabolism. Originally published in hardcover as the *New York Times* bestselling *Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches*, this cookbook-inspired weight-loss bible, *S.A.S.S. Yourself Slim*, is your new diet tutor, support net, and personal life coach all rolled into one easy-to-pick-up volume from a voice you can trust.

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Editorial Review

From the Back Cover

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!

About the Author

Cynthia Sass, MPH, RD, is a registered dietitian, the sports nutrition consultant to the New York Rangers and New York Yankees, and the nutritionist behind and coauthor of *Flat Belly Diet!* as well as the author of the *New York Times* bestseller *S.A.S.S. Yourself Slim*, among other books. She is the contributing nutrition editor at *Health* magazine and appears regularly on national television programs including *The Today Show*, *Nightline*, and *The Doctors*.

Users Review

From reader reviews:

Mark Johnson:

Do you have favorite book? When you have, what is your favorite's book? Reserve is very important thing for us to know everything in the world. Each guide has different aim as well as goal; it means that publication has different type. Some people really feel enjoy to spend their time and energy to read a book. These are reading whatever they consider because their hobby is actually reading a book. Why not the person who don't like looking at a book? Sometime, individual feel need book when they found difficult problem or maybe exercise. Well, probably you will require this S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches.

William Matthews:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Typically the book that recommended to you is S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches this reserve consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

Edward Grimes:

This S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches is brand new way for you who has curiosity to look for some information since it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches can be the light food to suit your needs because the information inside this book is easy to get by anyone. These books produce itself in the form and that is reachable by anyone, yep I mean in the e-book type. People who think that in book form make them feel sleepy even dizzy this reserve is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for you. So , don't miss the idea! Just read this e-book type for your better life and knowledge.

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