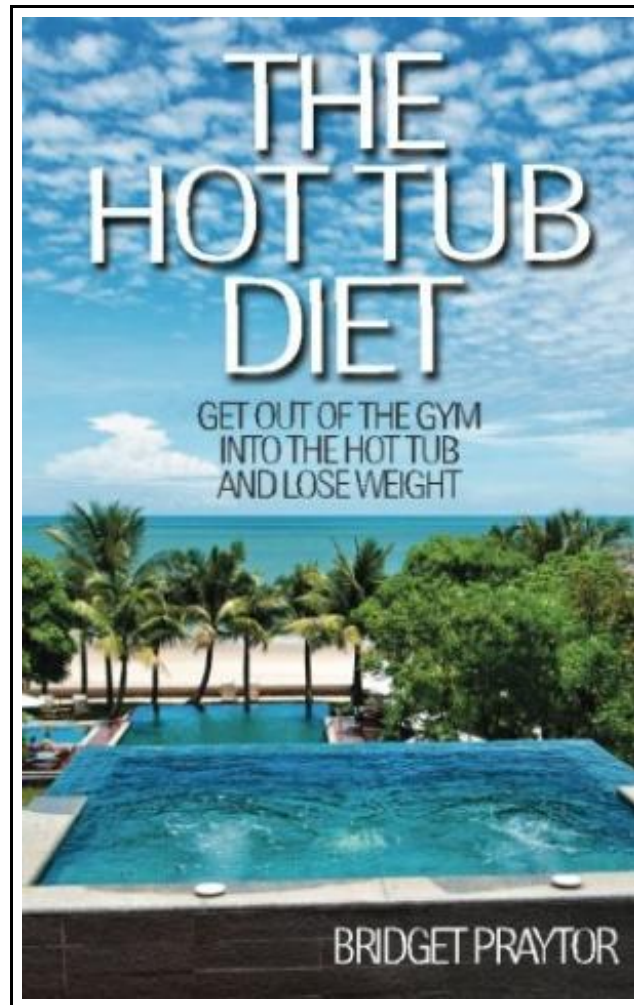


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THE HOT TUB DIET: GET OUT OF THE GYM, INTO THE HOT TUB, AND LOSE WEIGHT

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Createspace, United States, 2012. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.For Bridget Praytor, every woman s magazine on the supermarket checkout line rack and every weight loss book on the Internet promised magic: a perfect body in a month, if she just followed this week s fad diet. But how long could someone eat only grapefruit, only beef, or only cabbage soup? At the drugstore, boxes of magic pills promised Lose 10 Pounds in a Week! in a huge font that nearly-but not quite-distracted her from the tiny may cause death or permanent health problems warning. The gym promised her health and happiness-so why after torturing herself on the treadmill two hours every day, did she feel fat and miserable? Then, after spending most of her adulthood giving in to the seductive call of convenience-store powdered donuts (small, cute, and six to a cellophane package), drinking twelve-packs of diet soda to try to fill herself up, taking diet pills, buying every kind of magic protein shake imaginable, running in a marathon without training for it, training three hours a day for an Ironman just to try to lose weight, and spending hours at the gym because she felt guilty about her weight (followed by evenings of guilt-eating because all that gym time cut into being with her family), Bridget s life changed in an instant. Rear-ended by a driver who hadn t noticed the light had turned red, Bridget was devastated to learn that she wouldn t be able to exercise strenuously for months. No more ironman. No more treadmill. No more no-pain, no-gain excessive workouts. The only thing she could even do at the gym (where a little free childcare-salvation for a mother of three children under...



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