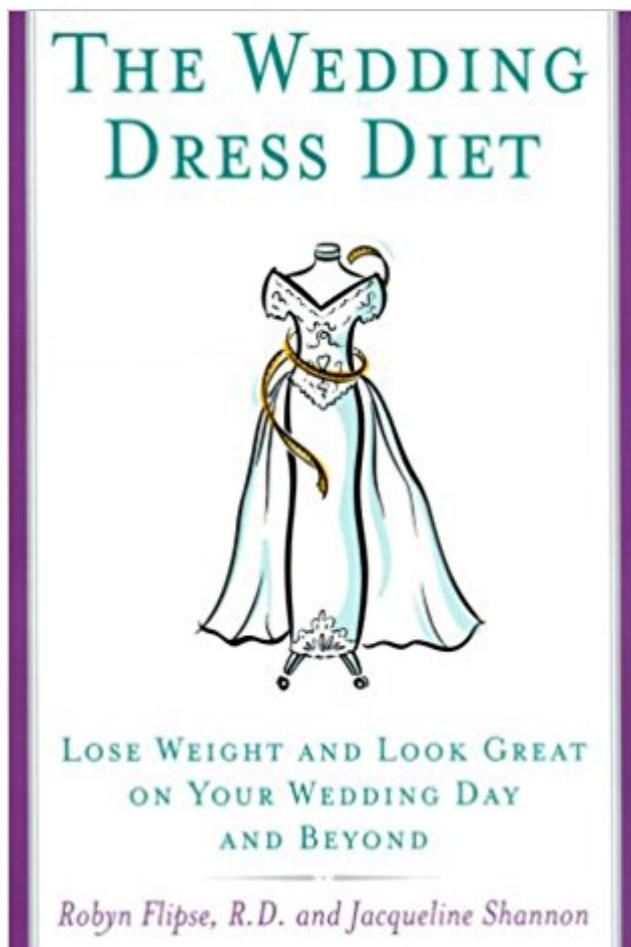


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# The Wedding Dress Diet



## Synopsis

Bursting with information, inspiration, and advice, *The Wedding Dress Diet* is the next must-have for every bride's trousseau. An upcoming wedding is the ultimate weight-loss motivator. But many brides-to-be resort to fad diets and end up disappointed with the results--either they don't lose the weight, or their health and energy are lost along with it. Finally, in *The Wedding Dress Diet*, Robyn Flipse and Jacqueline Shannon describe a sensible weight-loss plan that readers with one year, six months, or three months to go before the big day can follow, so they can look good and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony; it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *The Wedding Dress Diet* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own. Finally, in *THE WEDDING DRESS DIET*, Robyn Flipse describes a sensible plan that readers with one year, six months, or three months to go before the big day can follow to lose weight sensibly so they'll look and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony, but it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *THE WEDDING DRESS DIET* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own.

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## Customer Reviews

"...A deliciously funny yet practical diet book...Covers all the bases from how to pick out a wedding dress to suit a bride's figure to how to calculate a healthy weight for her height." USA Today "...This book is full of sane advice from a humorous and humane registered dietitian and a co-author with an upbeat, motivational attitude. The anecdotes are all up-to-the-minute - even Sophie Rhys-Jones prenuptial regimen is included (it involved seaweed wraps) - and the authors offer tips that extend beyond crash diets. To wit: how to choose a dress that minimizes figure flaws; how to pose for photos; how to set up a 'slim kitchen'." New York Daily News "The[ir] book is no magic bullet--the weight loss plans inside advocate a balanced diet and exercise. But the book also includes helpful tips on managing wedding-related stress, handling potentially disastrous pre-wedding eating events and finding the right wedding dress for your figure." LA Times --This text refers to an out of print or unavailable edition of this title.

Bursting with information, inspiration, and advice, *The Wedding Dress Diet* is the next must-have for every bride's trousseau. An upcoming wedding is the ultimate weight-loss motivator. But many brides-to-be resort to fad diets and end up disappointed with the results--either they don't lose the weight, or their health and energy are lost along with it. Finally, in *The Wedding Dress Diet*, Robyn Flipse and Jacqueline Shannon describe a sensible weight-loss plan that readers with one year, six months, or three months to go before the big day can follow, so they can look good and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic fiancées cope with the frenzy of fittings, showers, and shopping dates. Not only does it outline an effective eating and exercise program geared to the date of the ceremony; it also provides everything from bridal registry ideas for outfitting a slim kitchen to tips on choosing the most flattering dress, no matter your weight. Diet books come and go, but *The Wedding Dress Diet* is the one that every bride--and many bridesmaids and mothers-of-the-bride, too--will want to own. Finally, in *THE WEDDING DRESS DIET*, Robyn Flipse describes a sensible plan that readers with one year, six months, or three months to go before the big day can follow to lose weight sensibly so they'll look and feel terrific when they say "I do." Combining good nutrition, exercise, and stress-reduction techniques, the book helps frantic

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Don't waste your money on this book. It was a waste of my time and did not offer me any long term solutions.

This book is motivating for any bride-to-be as it provides practical tips and realistic goals for weightloss. However, don't be fooled by the title...it does not provide an actual diet. Basically the book just inspires you to eat anything with moderation and to exercise. That is something experts have been recommending for decades. In essence, nothing new is established. You're better off buying a bride magazine.

Authors Robyn Flipse and Jacqueline Shannon have written a book that's loaded with great information for brides-to-be and others interested in shedding some pounds on a deadline in a sensible way. I bought "The Wedding Dress Diet" for a bride-to-be who wanted to lose "exactly 18 pounds to get down to my fighting weight of 112." She read the book, loved it, and reported yesterday she was right on schedule to attain her goal. Now, here's the surprise: before giving my friend her gift, I read it myself. I started flipping some pages in the bookstore to get a sampling, and soon got hooked. When I got home, I read the whole darn thing. It's brilliantly organized, very well written and liberally sprinkled with humor. The nutritional and exercise tips and the advice on reducing stress can be used by men as well as women -- whether or not they're headed for the altar. Here's a handful of rice tossed in the direction of Flipse and Shannon.

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