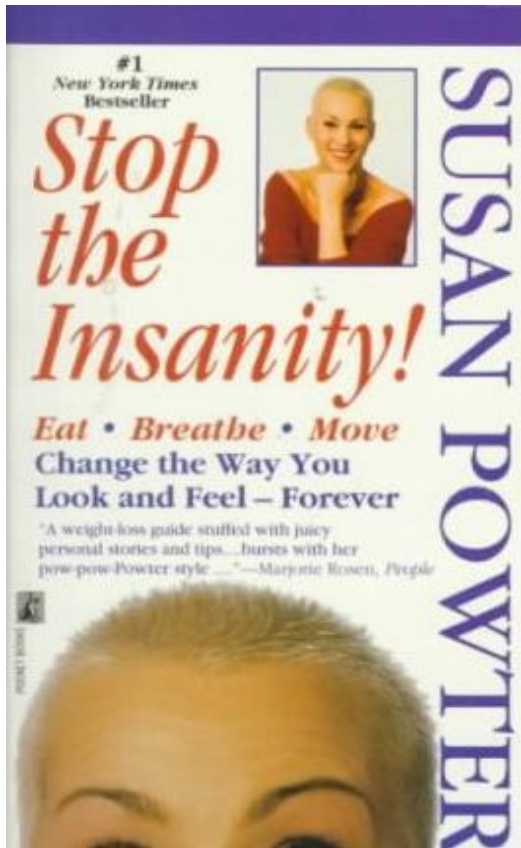


Stop the Insanity! Read Online by Susan Powter



Information:

Author: Susan Powter

Format: 10 pages

Dimensions: 104.14 x 165.1mm

Publication date: 01 Feb 1995

Publisher: SIMON & SCHUSTER

Release location: New York, United States

Language: English

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Description:

Take control of your life and stop the insanity! You've seen Susan Powter on the "Home Show" and on her "Stop the Insanity" infomercial, explaining health and wellness to millions of viewers. Taken from the "insanity" she experienced with the diet and fitness industries, Susan's step-by-step motivational book, now read by Susan herself on audio tape, will empower women everywhere to take control of their lives. In "Stop the Insanity!," Susan tells you how you can get lean, strong, and healthy without starvation and deprivation. Her practical, proven program designed for women of all ages, weights, and fitness levels can change the way you look and feel just like it did for Susan. Funny, poignant and powerful, "Stop the Insanity!" is more than Susan's encouraging success story of how she went from fat to fit-- and stayed there. It is a message of hope for women everywhere.

Additional Information:

The Politics of Stupid, Hey Mom! I'm Hungry!