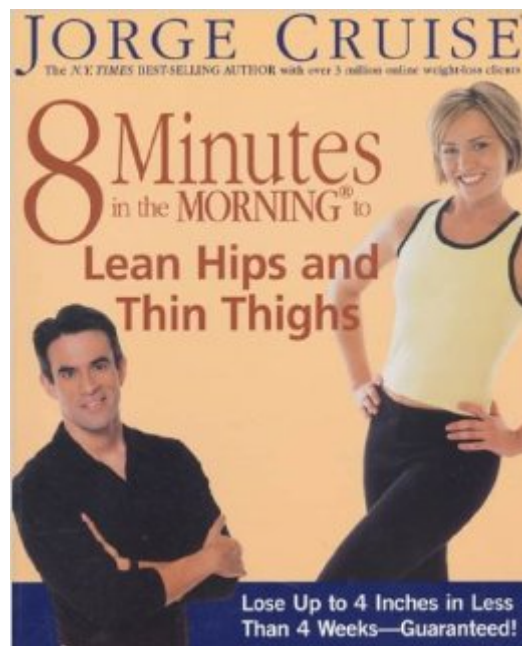


The book was found

8 Minutes In The Morning To Lean Hips And Thin Thighs : Lose Up To 4 Inches In Less Than 4 Weeks-- Guaranteed!



Synopsis

Lose up to 4 inches from your hips and thighs in less than 4 weeks-- guaranteed! Have you had a hard time shedding the fat and cellulite from your hips and thighs? Now, whether you're new to the Jorge Cruise weight-control plan or not, 8 Minutes in the Morning to Lean Hips and Thighs will help you lose up to 4 inches in less than 4 weeks-- guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your hips and thighs. Each day you'll do a simple Cruise Move routine that sculpts your hips and thighs and takes just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods.

Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches from your hips and thighs!"When I was a kid, I was called 'Thunder Thighs.' NOW, I'm working to have Thinner Thighs!"--Eleanor Talbot (lost 14 inches from her thighs!)"I've truly changed my lifestyle for the better."--Cheryl McCowan (shrunk 3 1/2 inches off her thighs!)"My thighs have always been a trouble zone for me, and now I have the tools to zap them!"--Bonnie Barrett (lost 4 inches from her thighs!) --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 208 pages

Publisher: Hay House Inc (January 1, 2004)

Language: English

ISBN-10: 1579547168

ASIN: B0007YLF8U

Product Dimensions: 7.5 x 0.5 x 9.1 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (315 customer reviews)

Best Sellers Rank: #2,006,649 in Books (See Top 100 in Books) #80 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #570 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #8979 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Jorge Cruise has developed a quick way to "jump-start" your morning. By performing only 8 minutes

of strength training and following a simple diet Jorge says you can shape up! In fact on the cover of his book he guarantees weight loss in just 4 weeks. I think the strength training aspect of his program is very good. The photographs are clear and the descriptions for the exercises are concise. Jorge leads you through 4 sets of 12 repetitions for 2 exercises, alternating them for greater effect. There are a number of exercises including standing heel raises, kickups, knee pushups, and one arm curls. Despite the short time period, I could feel a nice difference in my body in under a week. Though its easy to not exercise, its hard to make excuses when it's only 8 minutes! Great Concept! It would be nice if Jorge had included modifications for those who had difficulty performing the exercises. Jorge also includes a motivational thought for the day. Each day has a different idea to hopefully "kick" you into high gear. Ideas such as visualization, using light, rewards etc. Nothing new, but a nice addition to the book. The diet is your standard low calorie type fare, with one addition. Jorge has you add one tsp. of flax oil (which you can also purchase from him) or olive oil to your meals to give you that feeling of satiation. I purchased Jorge's flax oil and indeed it does make you feel full..but I found the taste was very hard to get used to. Overall, I was disappointed in the diet. Jorge does not use the new information about how glycemic levels can be effected by certain foods and he suggests foods that easily turn to sugar in your body like bananas.

In a fit of desperation and with a healthy skepticism toward fad dieting, not to mention barely any time to devote to calorie-counting and long, tedious exercise sessions, I scanned through several weight-loss books available at the local library. Out of the five or so books I perused, Jorge Cruise's seemed the simplest and the most practical for my busy lifestyle. As a lifelong yo-yo dieter and well-versed in nutrition (although in the past this didn't keep me from eating wrong anyway), Jorge's plan seemed safe, nutritionally sound and quite possibly do-able for me. The text read smoothly and offered interesting sidebars showing the dramatic results his clients experienced while on his program. Even though some of the exclamations of life-changing results of epic proportions rang a bit bogus to me, (I know for a fact that weight loss can make you healthier, but not necessarily happier), I liked the straightforward message Mr. Cruise was sending. If you try, even just a little, to live a healthier lifestyle, you will become healthier. That, combined with the sweet simplicity of the program itself, was enough for me to give it a shot. I've been on the program for two weeks now and have lost a total of 9 lbs., thanks partially to the near-starvation diet that comprises the first week. It is pure torture, no two ways about it, but it does help rid the body of toxins (especially if you drink the recommended 8 or more glasses of water daily) and set you up with the right frame of mind regarding food as fuel instead of for gratification. I found the daily affirmations fun but by no means

necessary, nor did I eschew caffeine or my once-daily teaspoon of sugar in my evening herbal tea. I also did not change from regular milk to soy as he suggests.

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

8 Minutes in the Morning to Lean Hips and Thin Thighs : Lose Up to 4 Inches in Less Than 4 Weeks-- Guaranteed! Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Hot Hips and Fabulous Thighs: Look Great in Just 6 Weeks 8 Minutes in the Morning: A Simple Way to Shed Up to 2 Pounds a Week -- Guaranteed Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Calorie Counting Made Easy: A Proven System to Lose Weight and Keep It Off in Less Than 5 Minutes a Day (Without Exercise or Giving Up Your Favorite Foods) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) 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) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Total Body Lift: Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, (n/a series) Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) How to Get Taller: Grow Taller By 4 Inches In 8 Weeks, Even After Puberty! (Grow Taller Naturally) (Volume 1) How to Get Taller - Grow Taller By 4 Inches In 8 Weeks, Even After Puberty! The Miracle Morning for Writers: How to Build a Writing Ritual That Increases Your Impact and Your Income (Before 8AM) (The Miracle Morning Book Series) How To Thin Legs: Get Thinner Thighs And Slim Calves Fast Thin Thighs in 30 Days Thin Thighs in Thirty Days

[Dmca](#)