



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

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### **Bibliography**

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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:**

**Terrance Allen:**

Do you among people who can't read satisfying if the sentence chained within the straightway, hold on guys this particular aren't like that. This S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches book is readable by simply you who hate those straight word style. You will find the data here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to deliver to you. The writer of S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches content conveys the thought easily to understand by lots of people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you nonetheless thinking S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches is not loveable to be your top list reading book?

**Karl Schueller:**

Reading a publication tends to be new life style within this era globalization. With examining you can get a lot of information that could give you benefit in your life. Having book everyone in this world may share their idea. Books can also inspire a lot of people. Lots of author can inspire their own reader with their story or maybe their experience. Not only the storyplot that share in the books. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors nowadays always try to improve their talent in writing, they also doing some research before they write to the book. One of them is this S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches.

**Donald Shelby:**

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get large amount of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read will be S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches.

**Amanda Grant:**

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