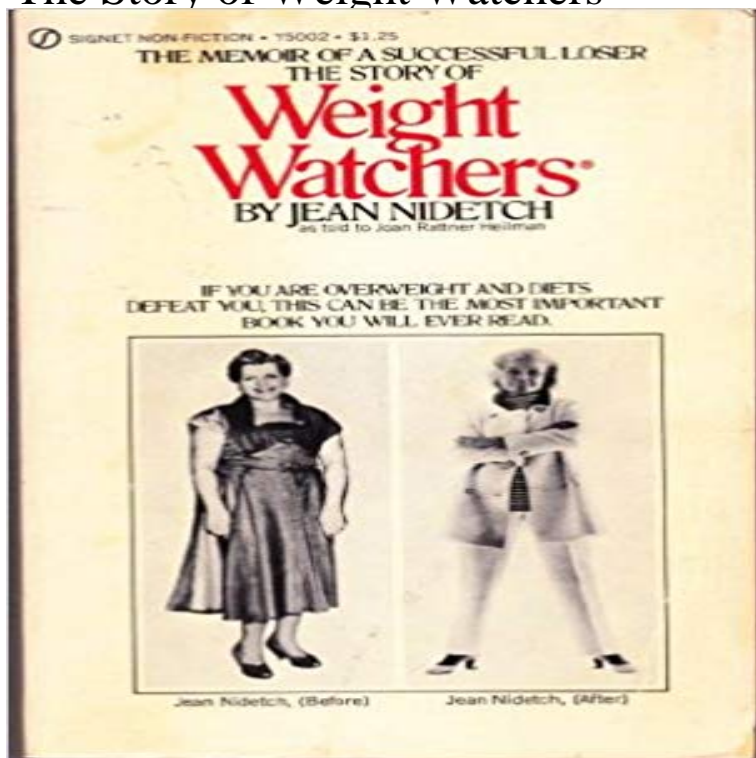


The Story of Weight Watchers



From back cover: you can skip meals and stay fat. You can eat three good meals a day and get thin. That was one of the major discoveries of Jean Nidetch, F.F.H. (Formerly Fat Housewife), now the svelte, glamorous head of Weight Watches International, the company which developed the most successful weight reducing program in history. The story of Weight Watchers is the story of this legendary woman, the organization she founded, its early growth, its techniques and its proven system for weight reduction, described by Jean Nidetch herself.

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