



Skinny School: Where Women Learn the Secrets to Finally Get Thin Forever (Genie Series) (Volume 2)

Julie N Gordon

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Skinny School, Where Women Learn the Secrets to Finally Get Thin Forever, is the humorous story of 28-year-old single-but-savvy Jackie Holbrook, who has struggled with an excess forty pounds for thirteen years. The secrets that Jackie learns in Skinny School “flip the switch” and enable her to get to her goal weight by teaching her the right mentality about food and eating. If you can learn to type, you can learn these 9 life-transforming secrets which will enable you to look at junk food, desserts, excess carbs, and sugar, and then be able to "choose to not have it". This is the magic of the program, learning how to think so you can choose to eat for nutrition and hunger, not for self-soothing or entertainment. Soon you will hear yourself ask the sales clerk, "Do you have this dress in a size Small?" "What a great book!! I just love-love-love Skinny School!! I hate it's over. I want to read it again. Can't wait to share this treasure-truly a treasure-with all I can. I can't express enough for how you have changed my life with these principles.... You will touch women all over the world!" Jeanne N. "Skinny School has literally changed my life. I feel amazing and my light shines bright, meaning my inner joy and my love for people...I can only say that Skinny School is Truth. This book is so freeing." Jan C.

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