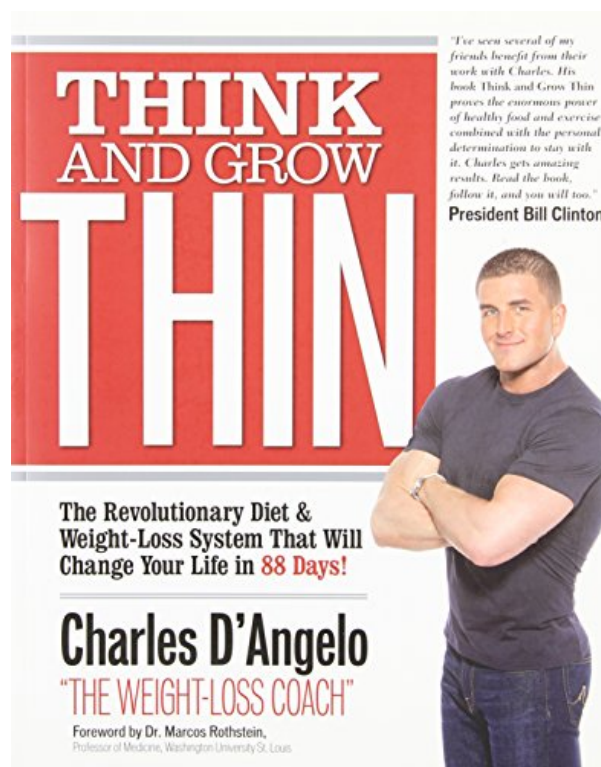
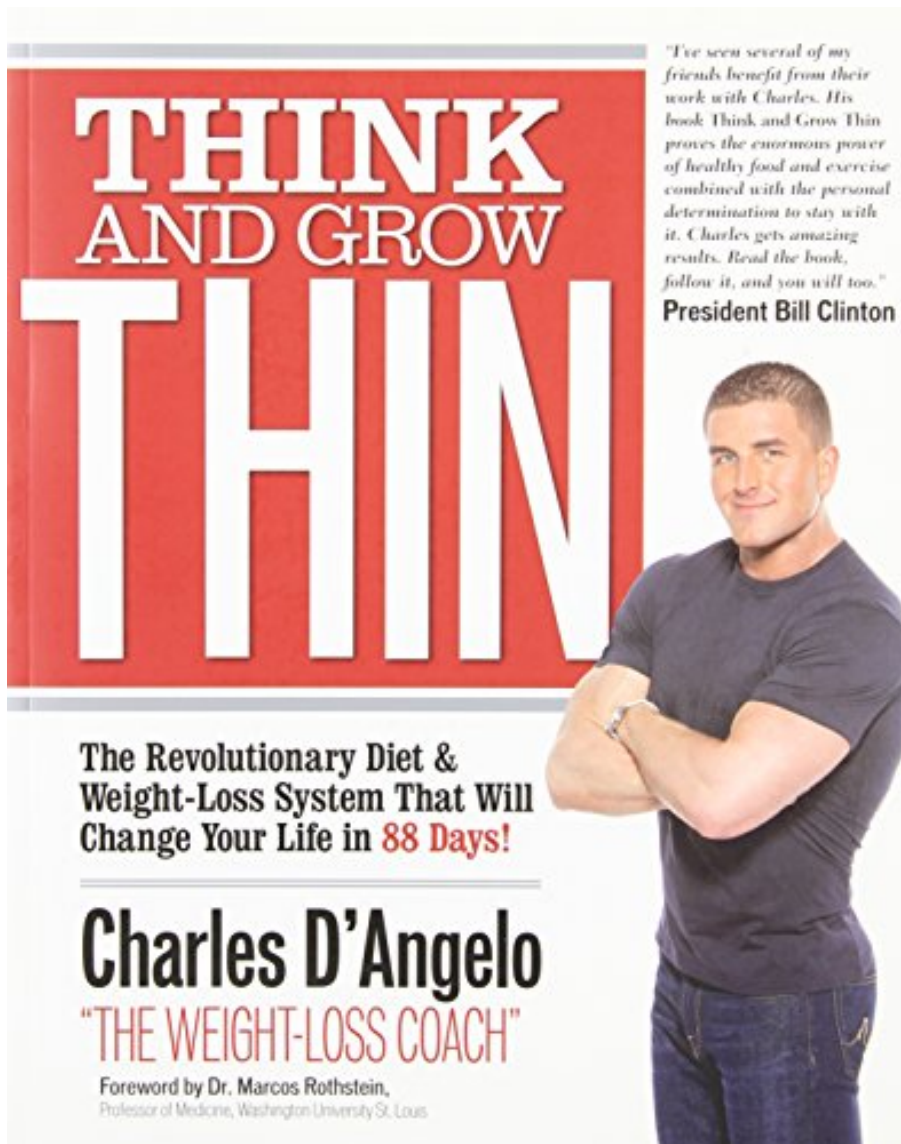


THINK AND GROW THIN: THE REVOLUTIONARY DIET AND WEIGHT- LOSS SYSTEM THAT WILL CHANGE YOUR LIFE IN 88 DAYS! BY CHARLES D'ANGELO



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Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo. Bargaining with reviewing routine is no demand. Reading Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo is not kind of something offered that you can take or not. It is a point that will change your life to life a lot better. It is the many things that will provide you many points around the world and also this cosmos, in the real world as well as right here after. As exactly what will be provided by this Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo, just how can you haggle with the important things that has several benefits for you?

Review

"You've heard of Cinderella...now meet Cinderfella! Charles is an amazing man who turned his life around and who will now dedicate his life to helping others, and I know he will. Bless you Charles and all you do!!"--Richard Simmons

"I've seen several of my friends benefit from their work with Charles. His book 'Think and Grow Thin' proves the enormous power of healthy food and exercise combined with the personal determination to stay with it. Charles gets amazing results. Read the book, follow it, and you will too." ? President Bill Clinton

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Find the trick to boost the quality of life by reading this **Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo** This is a kind of publication that you need currently. Besides, it can be your favored publication to read after having this publication **Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo** Do you ask why? Well, **Think And Grow Thin: The Revolutionary Diet And Weight-loss System That Will Change Your Life In 88 Days! By Charles D'Angelo** is a publication that has various unique with others. You could not should know that the author is, exactly how well-known the work is. As wise word, never ever evaluate the words from who talks, yet make the words as your inexpensive to your life.

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Millions across this nation have eaten themselves into a prison they can't escape – and with Think and Grow Thin, Charles D'Angelo busts down those walls and unlocks the secrets of weight-loss success. This one-stop comprehensive guide targets your mind more than your muscles to help you battle the mindset that's making you fat. Whether you have 10, 200 or even more pounds to lose, Charles' easy-to-follow success strategies and eating plans will give you the skills and motivation to make weight loss finally work. Filled with inspirational success stories along with photographs. You won't believe your eyes!

- Sales Rank: #156531 in Books
- Published on: 2012-01-16
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- 288 pages

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Most helpful customer reviews

77 of 78 people found the following review helpful.
No Fads. No Gimmicks. No Excuses. It Just Works.

By Scott McDonald
KNOW YE THIS :

I have been a client of Charles for several months now, and I have lost over 40 pounds using the system outlined in this book.

When I began the program outlined in this book I was :

- 1) Clinically Obese
- 2) Poorly Controlled Diabetic with an A1C of 9.6
- 3) Poorly Controlled High Blood Pressure
- 4) Poorly Controlled High Cholesterol
- 5) Was taking 7 (SEVEN!) Oral Medications. 3 For Diabetes. 2 for High BP. 2 for High Cholesterol

12 Weeks Later :

- 1) Medically Diagnosed : No Longer Obese. 42 lbs dropped.
- 2) Medically Diagnosed : No More High BP - WITHOUT Medication. BP = 110/65
- 3) Medically Diagnosed : No Longer Diabetic - WITHOUT Medication. A1C = 4.2
- 4) Medically Diagnosed : No More High Cholesterol - WITHOUT Medication. Chol = 141
- 5) Taking 0 (ZERO!) Medications (doctor urged me to keep taking 1 BP med as a "preventative")

Simply put - this program works.

This is no fad, no gimmick, and does not come in a bottle.

When people ask me how this system works - I jokingly tell them Its two miracle drugs: One is called "exercise" and the other is called "eating right".

That is exactly what you will find in these pages. A simple, straightforward method of exercising and eating right that works.

The menu is simple and straightforward and contains only common items from your every day grocery store. Period. Nothing exotic. Nothing expensive. Nor will you starve to death. The "refuel" night insures that you have one meal a week where you can eat pretty much anything you like (except FRIED foods!) without guilt, and without destroying a week of hard work. It works. Period.

Charles was a tough coach who taught me how to be accountable to myself, and achieve the goals that I had set for myself. He tolerates no excuses.

He gave me my health back, and he gave me my life back. It's been 8 months now, and I'm so used to the plan put forth in this book, that I can't imagine eating any other way. It's truly led me to a fully healthy "lifestyle" that I cannot imagine ever letting go of. I've often yo-yo dieted and gained it right back (plus a few). The plan in this book is a way to change your life and KEEP IT CHANGED forever.

I am living proof.

-SM-

** UPDATE 09/10/12 **

Still Following The Think and Grow Thin Formula For Success

Over a year after my initial success all of my weight has stayed off, and my sugar levels are lower than they've ever been.

Don't have my blood numbers back yet, but my doctor believes my A1C will be even lower than last years, because it's been so low for so long, and A1C is measured over time as most diabetics are all too familiar with.

Still having a great deal of success with this plan.

For those in the St. Louis area - I still contend that there is no substitute for having to 'stand before the man' on a regular basis, and be accountable to someone other than yourself. I highly recommend those that can, become a client of Charles. It will change your life.

Over a year later - and - weight still gone. Sugar still low. Cholesterol still low. BP still low.

Steady as she goes!

-SM-

** UPDATE 03/16/13 **

Cruising up to the the 2 year mark soon. Began my journey with Charles in May of 2011.

My obesity and my diabetes and my high blood pressure and my other health problems are distant memories in my rear view mirror.

With the plan laid out in Think and Grow Thin I've gained a powerful tool that has changed my life forever.

After almost two years on this plan I've progressed to a place where I'm no longer controlled by food, I control it. Charles gave me the tools and the confidence to take back control and to be the captain of my own ship.

After almost two years on this plan the weight is still off, and the diabetes and other health problems are far behind me.

Do I ever struggle? Of course I do. Anyone who says its easy is a charlatan. Charles always said keeping it off was the hardest part, and he was right.

But when I do start to struggle I go right back to the plan in this book and within a day or two my ship is righted, and I'm back on track.

I've purchased copies of this book for many of my friends and family and it has brought fantastic results to each and every person who read it and took it seriously.

Still Steady As She Goes!

-SM-

41 of 42 people found the following review helpful.

This book will change your life.

By jlhmtv

In March 2009 I was diagnosed with lupus, sjorgens and osteoarthritis in both knees. After years of symptoms I was happy to hear that something was actually wrong and I was not crazy. After one year of being "treated" by various doctors of various specialties I was miserable and simply did not want to live a life in pain anymore. My boss and mentor shared the best secret with me: Charles D'Angelo. Since mid February 2009, I have lost 86 pounds to date. But what's better is that my latest lab work shows normal inflammation and antibody levels. I have always been overweight. I have tried numerous diets and weight-loss systems. This is doable. It has changed my life. Not just my weight, or lab results, my entire life. D'Angelo's tools have helped me re-prioritize many aspects in my life and the end result is a happier, higher quality existence. I can never thank him enough. HIGHLY recommended for people who have had a lifelong struggle with weight. It works, period.

28 of 29 people found the following review helpful.

Straightforward Review from Client of Charles D'Angelo

By Timothy Ashlock

Ok, I am going to give this to you straight. Maybe you are on the fence about purchasing this book. Afterall, there are so many "diet" books that promise miracle weight loss. It is all so frustrating AND confusing. Before I met Charles I tried Jenny Craig, Weight Watchers, NutraSystem, Adkins, Southbeach, Cabbage Soup, Mayo Clinic, you name it! Then I found Charles. Before he wrote this book, I paid a healthy sum to have him as my weight coach. I had heard that Charles worked with "celebrity" clients, so I was intrigued, but skeptical. But I was really at the end of myself, borderline diabetes, high blood pressure, and I did good just to get out of bed in the morning. I topped out at 390 pounds and was headed dangerously down a collision course.

When I first heard Charles lay out his plan, I was surprised by its simplicity. I wasn't sure I could eat like that and still lose weight. Well, within a couple of weeks I was down close to 23 pounds! Wow, I thought, I can do this! Was it easy? No. But finally, FINALLY, I had a plan that was workable, and successful for me.

Fast forward a few months. I moved away and could no longer meet with Charles face to face. I talked with him by phone a few times, and his advise was always dead on. He helped me understand that weight loss is as much a mental issue as a physiological one. You have to make some decisions about how you are going to approach life. But when you do, the World looks different!

I recently entered a contest on a site that rewards people for losing weight. Five family members signed up with a goal of losing 16.6% of our body weight in 12 weeks! I was thrilled to find that Charles had written a book. All of those principles that I paid big bucks to find out, and it was all right there in a book. I bought books for all of my teammates. We followed these principals, paying particular attention to the mental aspect of weight loss, but also the exercise and diet plan Charles prescribes.

How did we do? My family lost 254 pounds (I lost 65 in 10 weeks)and maxed out 2 weeks early to finish 1st in the contest! There were 650 participants. I was blown away. But I credit Charles' core principles for keeping me and my team on track. I have more to go, but I know I can do it. If you are on the fence, I totally understand. But if I have any regrets, it is not connecting with Charles when I was in my 20's. Don't wait, take control of YOUR life today. I PROMISE you that you won't be disappointed in this book. But make sure you are READY for the life change. This isn't for everyone, and Charles will tell you that. He can provide the road map, but you have to drive to get where you are going. What are you doing still reading reviews? ;-) Get the book so I can say, "I told you so." I wish you the best of health. ---Tim Ashlock, St.

Louis, MO

[See all 143 customer reviews...](#)

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