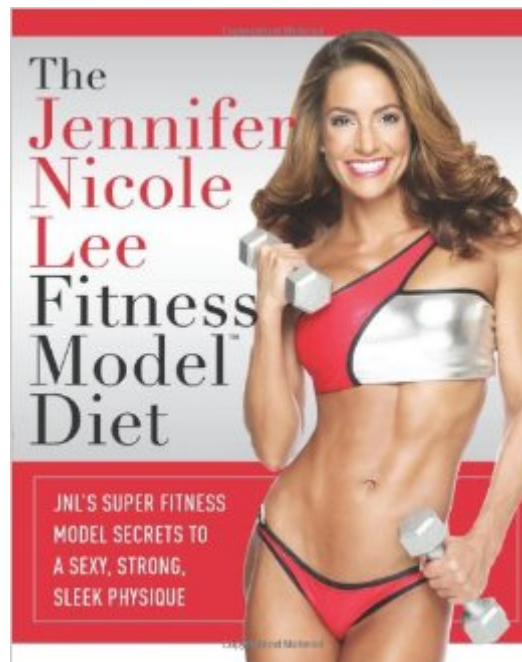


The book was found

The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique



Synopsis

JNL's inspirational weight loss success story has motivated millions worldwide. She is the world's top fitness model, and now she will show YOU the way! Now it's YOUR turn to become the new "fitness model" • you "sexy, strong, and sleek! In JNL's Fitness Model Diet, she reveals and shares her top trade secrets of the Super Fitness Model life: Discover super fitness model beauty secrets Explore JNL's all-time favorite and fail proof workouts Get two weeks worth of JNL's fitness model recipes and food plans to help you blast fat off fast, revealing feminine muscle tone BONUS MATERIAL: JNL shows you how to: Build a successful fitness modeling career Prepare for a great photo shoot with fitness model Must-Do's Make a big name for yourself in the fitness modeling industry

Book Information

Hardcover: 208 pages

Publisher: Advantage Media Group; 1 edition (October 15, 2010)

Language: English

ISBN-10: 1599321785

ISBN-13: 978-1599321783

Product Dimensions: 8.1 x 0.9 x 10.4 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars See all reviews (68 customer reviews)

Best Sellers Rank: #804,044 in Books (See Top 100 in Books) #137 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2192 in Books > Health, Fitness & Dieting > Women's Health > General #2249 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

I originally bought this book because I was looking for the next step in my healthful lifestyle. I have been looking for a comprehensive book on the world of fitness modeling, especially the diet and workout side of things. This book was thoroughly disappointing to me. I feel as though I PAID for 200 pages of advertisement. I feel as though she is doing a disservice to women of iron everywhere. In addition, this book makes her come across so self-absorbed, she goes on and on about how amazing she is and there are probably a hundred pictures of her in this book. My fiance is a personal trainer and he also thinks this book is laughable because of the lack of information on the actual diet and exercise part of fitness competition. I am saddened that she had this opportunity to make this huge impact on the fitness community and she took the opportunity to really just advertise

herself and her products.

First of all, let me say that i really like JNL. She's very inspirational as far as her story goes...being nearly 200lbs and still being a fulltime mother of two...wow. the fact that she was able to accomplish what she has when she didn't have time OR money (at that point in her life), is amazing in itself, and because of that i REALLY wanted to like this book...i mean REALLY wanted to. i waited and waited for it to become available...checking daily, then when i finally got it...very disappointed. The entire first half of the book is her saying, "i'm going to show you how to do this...i'm going to show you how to do that", and you keep turning the pages and waiting for this information to come, and it doesn't. I found myself yelling at this book going "WHEN?!?! WHEN are you going to show me?!?!" Plus it IS plug after plug after plug of her website and products. I admit, i'm a subscriber to the website...which i have unfortunately been too lazy to cancel. the emails with "fitness tips" consist of "buy the ab circl pro" "subscribe to my fitness program" "buy my book"...there are NO tips, just sales pitches. But i digress, there ARE some good recipes in the book, and even some decent workouts, but they are the basic lifting type workouts that come in just about every book. Look, i KNOW a BOOK will not give me her body, i KNOW that motivation really has to come from within, but i was really hoping that this book would give me some insider fitness tips that maybe the others don't. I was also hoping that it might talk more about her struggle with trying to BECOME fit while being a full time mom, and the mental roadblocks she had to overcome on her journey, and more "before" photos too, those help me mentally A LOT, but there's just one, the same one you always see and it's very grainy...no such luck. in all honesty, i found "Never Say Diet Again" by Chantel Hobbs to be MUCH more inspirational with workouts that are just as effective. THAT is a GREAT fitness book!

SAVE YOUR MONEY!! This book was not helpful to me at all. I read alot of fitness books and this was the worst. Maybe if you are a beginner and don't know anything it can be helpful, but if you know even just a little this book is not for you. It was really a book for Jennifer to call herself a super fitness model over and over again! Egomaniac!! And she plugged her products and website on almost every page. Really, save your money unless you want a picture book of JNL.

So, I saw this book at my local B&N and skimmed it over. I thought it was cute, but it was a little big and full of pictures. A couple days later, I went back to the B&N and bought it. I decided that since I gravitated back to it, then there must be a reason behind it. So, I read the entire book in one day. And I must admit that some of the reviews were right. She did mention her products, her websites,

and products that she endorsed repeatedly. She also repeated herself often. However, and this is a big however, I got a lot out of the book. For anyone reading it, I suggest you take her suggestions and use your own products. Buy your own soft bedding, robe, and throw. Find a protein powder, supplement, and exercise machine that resonates with you. Take the advice for what it's worth, but don't go out and buy everything that she's recommending. I have to say that I plan on following the diet and exercise plan, because it is simple, and doable. In fact, she could have left out everything else but the chapters on rest, diet, and exercise, and the book would have been perfect. And let's face it, how many women have a body like her? Not Tosca Reno...not Chantel Hobbs (although I love her)...I'm just saying.

I bought this as a gift for my girlfriend who is currently training for her own fitness competition, and the other reviews made it seem like this would be an invaluable source of good information. I could not have been more wrong, this book is basically one long fluff piece. No revelations in the autobiography department, nothing groundbreaking in the business advice section. Diet advice is pretty common-sense stuff, and the workouts are the typical women's magazine no-effort-necessary garbage. Her advice on supplements basically boils down to 'buy everything by BSN,' who just happens to be her sponsor. Then the book closes with an invitation to sign up for her personal training/life coach business, for \$750/month or something absurd, where she'll tell you the REAL secrets of being a fitness model.

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

The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique
The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs
FAST (Fitness Model Physique Series)
Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)
The Lee-Enfield: A Century of Lee-Metford and Lee-Enfield Rifled and Carbines
LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES
Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy)
Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs
An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan

(HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan)

[Dmca](#)