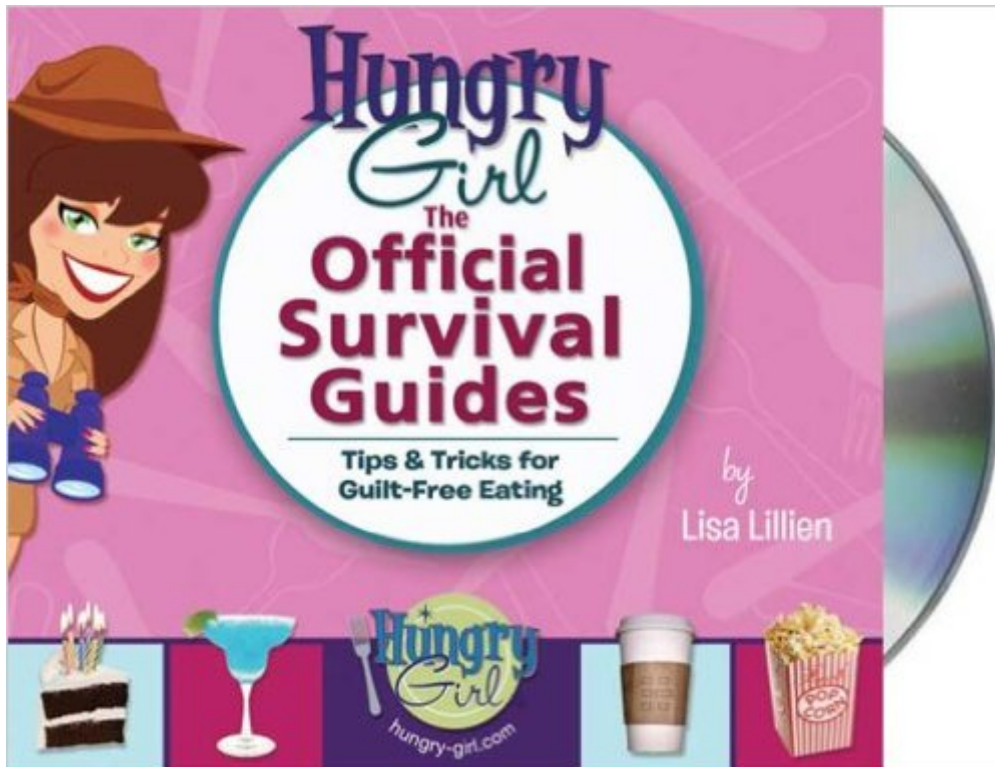


The book was found

Hungry Girl: The Official Survival Guides



Synopsis

Based on one of the most wildly popular, fastest-growing free daily e-mail subscription services, this Hungry Girl original audiobook is filled with survival strategies for anyone who wants to make guilt-free eating choices, anywhere, anytime. Learn how to "chew the right thing" from any and every restaurant menu, on airplanes and even from the hotel mini bar. Get the 411 on guilt-free cocktails and hors d'oeuvres, successful snacking at the office, and how to survive salad bars and brunch buffets. HUNGRY GIRL: THE OFFICIAL SURVIVAL GUIDES is brimming with tips and tricks for making smarter food choices no matter where you are. Told with Hungry Girl's inimitable wit and sassy style, HUNGRY GIRL: THE OFFICIAL SURVIVAL GUIDES will help you tackle any and every food challenge. No problem.

Book Information

Series: Hungry Girl

Audio CD

Publisher: Macmillan Audio; Unabridged edition (April 14, 2009)

Language: English

ISBN-10: 1427207526

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Product Dimensions: 6.4 x 0.5 x 5.1 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #1,377,260 in Books (See Top 100 in Books) #76 in [Books > Books on CD > Cooking, Food & Wine](#) #518 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #724 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

I am so glad I downloaded this audiobook. While I am new to Hungry Girl; I am not new to yo-yo dieting and eating out all the time. These tips and reminders are bite size - two to three minutes for most, and the longest are 5-8 minutes. Lisa does a great job of telling you about the hidden dangers in menu offerings and the delicious, healthy alternatives. I committed the worst two crimes - saving up all my calories for the day for a big night out and not looking online for a menu and the nutritional value of what I had planned on eating. My waiting until dinnertime to eat just wrecked my metabolism and blood insulin. And ignoring the fact that a single milk shake held a total day's calories, or those four tiny bite burgers did the same, did not help me get healthy or lose weight. While some reviewers

may think this has all been done before, the point is a lot of us are not following these simple tips that could help us in our journey to get slim and trim. By making these simple lifestyle changes, we can have our cake and eat it, too.

I was very disappointed in this CD. I was hoping for some novel ideas but it was all boring and uninspiring. Don't we all know "eat more fruit and vegetables", "drink water". Every section has basically the same advise. Unless this is your very first time on a diet, this is a waste of time and money!

I bought all of Hungry Girl's books for my mother. This CD is just like the other books ... Full of great tips, food swaps, nutrition information, and more! A GINORMOUS amount of information to help you eat better and get healthy :-)

I love her books but it is even better to have them read to me while I am in the car. She has great ideas and is funny. I have tried her ideas and they seem to taste good and be good for you! I think they are easy and I am an average cook.

I have both of the Hungry Girl cookbooks and have used them alot and enjoy the recipes. I have recommend the cd to all my friends that are busy so they can listen to it in the car and still get all the idea as we get.

Great tips and excellent suggestions. The only downside is that the CD format is not the most user friendly. This product is not good for a quick grab or spur of the moment reference tool.

I am a big HG Fan! I own all of her cookbooks so decided to purchase this cd to listen to on my drive to work. It is very informative and it is not boring or dull to listen too!!!! I would recommend this for anyone who is trying to loose weight or eat healthier and dine out!

Love it! Great gift as well. It's amazing how she was able to make things taste decadent yet most of the calories have been removed.

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