



Be a Loser!: Lose Inches Fast--No Diet

Greer Childers

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It takes only 15 minutes a day, and there's no dieting! Greer Childers shows how to lose inches from your waist, hips, and thighs in the very first week. Using the revolutionary BodyFlex program, readers can tone away flab and increase energy through accelerated aerobic deep breathing with stretching, isometric, and isotonic exercises.

A bestseller in hardcover, with over 100,000 copies shipped, *Be a Loser!* describes the BodyFlex program, includes specialized workouts for problem areas with clearly illustrated instructions on technique, and explains the scientific basis for the program. Bubbling over with the homespun enthusiasm, humor, and can-do optimism of its irrepressible author, *Be a Loser!* is an easy and fun way to get in shape and increase vitality.

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