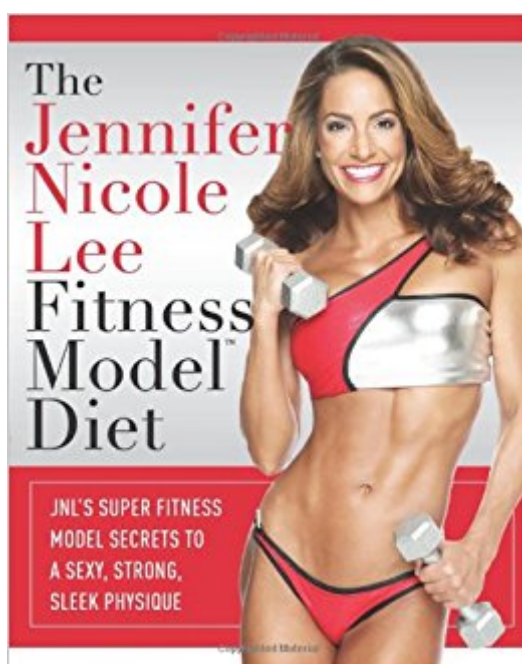


The book was found

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 68 customer reviews

Best Sellers Rank: #648,059 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #1493 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #1606 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

"As publishers and owners of a company which publishes several top fitness and bodybuilding magazines, we have had the privilege of working with some of the most iconic personalities in this industry. JNL is beautiful in spirit as well as body, and is always ready to share her knowledge, energy and insights, making her one of the top fitness celebrities today. We are proud to call her a dear friend in the fitness world, and of all of her accomplishments, most importantly this book. It's a must-read for anyone looking to get a real look into the world

Per Bernal, Celebrity Photographer for Fitness RX/Muscular Development, and Chief Photographer of Advanced Research Press, Inc.

Jennifer Nicole Lee is the world's most accomplished top fitness model and an international celebrity due to her wildly successful globally broadcast infomercials and key media appearances. JNL is also a bestselling author, wellness guru, highly sought-after motivational speaker, and specialist in sports nutrition and supplementation with an emphasis in anti-aging. Her inspirational weight loss success story has inspired millions to take action in their own lives, and her cutting-edge, yet timeless approach to fitness has been featured on The Oprah Winfrey Show, E! Entertainment, The Big Idea with Donny Deutsch, CBS' Early Morning Show, Inside Edition, Fox & Friends, WE Entertainment's Secret Lives of Women, and in countless magazines. She is a fitness icon and has become a household name, due to making regular appearances on networks such as the Home Shopping Network, sharing her favorite wellness and fitness products with millions of viewers.

I have to agree with other reviewers that this is basically a giant advertisement for JNL to promote herself-yes there are some good recipes but you can pick up a 4\$ fitness magazine and find great recipes as well.I received this as well as her JNL Fusion fitness DVD system for Birthday and sold both on EBay.While the dvd's did give me great muscle definition,I just could not tolerate her over the top annoyance factor after the program was over.She is just so obnoxiously loud and spent more time applying her bright red lipstick and spray tan then actually doing the workout.Some of the background excercises were just as fake and all the oohs&raja that everyone shouted just made me want to get rid of the dvd's the second I finished.I realize she does have a great body but so do many other trainers that I love to see every morning-she honestly made me dread turning on the DVD player and I don't need a giant book filled with her photos in order to stay motivated.

So far, I like a lot of what JNL has to say in this book. She provides wonderful pictures of the exercises and how they should be done--which, since I bought the e-book, I have handy access to on my phone while I'm working out. I LOVE that part. I also like the light, friendly tone of the book and there are some great beauty secrets besides just fitness secrets.What I don't like--and has kind of derailed my train a little--is the fact that I feel like the entire book is an infomercial. I know the woman needs to make money--but when we get beyond supplements and workout equipment and she is also pitching bathrobes for your "me-time" and comfy throws for power naps...well, it's a bit

much. I don't think her "patented" throw is going to help me power nap any better than one I already have, unless it can instantly put me to sleep and wake me up in exactly 15 minutes from that time. I really think for all her pitching in the book for this, that, and whatever product she has--the book (especially the e-book) could have been more like \$2 instead of its actual price. In fact, I think that having the book be an advertisement almost means that it should be free. There are fewer ads on Facebook. I am still going to follow her advice as much as I can, because I feel most of it is sound--but I don't think I should have to buy all the things she talks about to succeed.

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.

I didn't get much out of it. Jennifer has two children so I wanted hints on how to look fit and fab after having my baby. This book is not geared towards the average mom at all. Jennifer makes a living on her looks so she spends working hours preparing her meals and exercising and toooo much money on skin and health products. I just don't have the time or money that her good looks require. Some of the working out tips were good there just wasn't enough of them.

After 20 minutes into this book I requested a full refund. I am so sad that a former overweight mother of two has forgotten how hard it is to manage financially, mentally, and physically. I spent money to find information and inspiration. This book just requires you to spend more to learn more! Jennifer Nicole Lee has written a book to brag about how she is the 'greatest fitness star, world wide fitness model, world renowned fitness expert', etc. etc. etc. In the first pages she thanks her parents for how good looking she is (give me a break). Further into the book she writes "To hear my personal story with all the details, and to really get to know me, please visit my instant downloadable audio seminars at www.SHOPJNL.com and click on "My Story."

(39.95) I have already purchased the book, so I would like to know the story NOW. Her tips are simple: go to the store and buy a solution, go to the dermatologist and buy a solution, and go to my website and buy the solution. I scrolled through the rest of the book and saw that the diet tips can be found in any magazine. Please save your money, there is no inspiration here.

This book sheds so much insight into becoming a fitness model or just a wannabe. Jennifer does a great job of reminding us what's important. She challenged me to charge of my life and get healthy. The fitness/modeling industry keeps a tight lip on so many things, it's a nice refresher to have someone shed secrets on hair, skin, and food just to name a few.

Quite good and strangely inspiring. I found JNL likeable and sincerely motivational with her attitude of anyone can do this.

Great info for those looking to get into the business. Not for those without the commitment.

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

The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique
The Nature Physique: Easy Breezy Abs: (The #1 Guide on How to Easily Achieve a Six Pack) (Nature Physique Fitness Book 2)
The Nature Physique: Bodyweight + Resistance Band Exercise Guide: (The #1 Guide on How to Look Great Without a Gym) (Nature Physique Fitness)
The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs
FAST (Fitness Model Physique Series)
The Swap: A Nicole Graves Mystery (Nicole Graves Mysteries Book 1)
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)
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 **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... 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)
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) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) 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) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) AnimãfÂ© nude young hentai fund of sex Ãçâ -â œ Hot manga pictures 2: Sexy girls animãfÂ© nude girls, sexy animãfÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animãfÂ©) AnimãfÂ© nude young hentai fund of sex Ãçâ -â œ Hot manga pictures 1: Sexy girls animãfÂ© nude girls, sexy animãfÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animãfÂ©) Memes: Sexy Adult XXX Memes & Pictures Book 2017 - Adult Jokes, NSFW, Memes Free, Sexy Memes, Sexy Books Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)