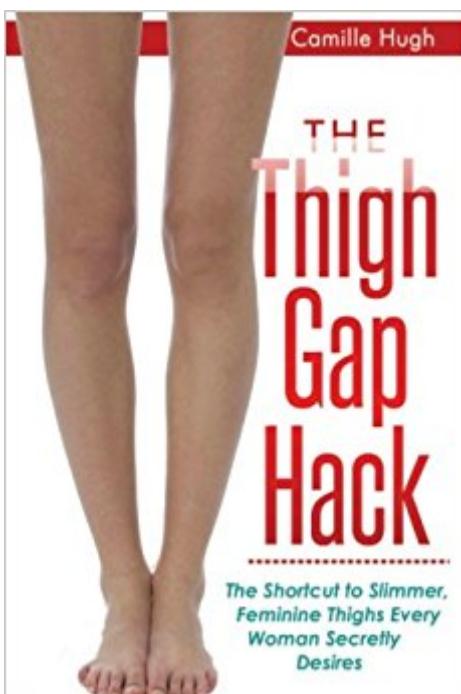


The book was found

The Thigh Gap Hack: The Shortcut To Slimmer, Feminine Thighs Every Woman Secretly Desires



Synopsis

AS SEEN ON THE DR. OZ SHOW 80% of women voted 'thighs' as their most disliked body part. Sad, but not surprising, since most women suffer from stubborn lower body fat in their hips/thighs/buttocks that results in undesirable body proportions and makes slimming down these areas miserably difficult. "The Thigh Gap Hack" is the first and only book that focuses specifically on all of the shortcuts (known as hacks) that makes eradicating stubborn lower body fat easier and foolproof. Broken down into diet hacks, exercise hacks, outside hacks and motivational hacks, this book consists of 260 pages of real, actionable advice that will introduce brand new techniques, as well as reveal top secrets, to targeting fat loss. Techniques include Hunger Training (TM), how to increase you're metabolism so you burn more calories/fat throughout the day, miracle foods that will fill you up but and keep you within your calorie goals, exercises to avoid that add bulk to your legs and those to perform that give the appearance of a lengthened limb, and much more! You will get results in just a matter of weeks and never have to fumble around in the dark or test out conflicting advice as to what works. This book is simple, straightforward and full of content (no fluff). And, anyone can make the techniques work, no special equipment, expensive foods or crazy supplements required. Even if you don't want to get a thigh gap, but still want to learn once and for all how to slim and trim down your lower body this book is for you!

Book Information

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Customer Reviews

Good read, helpful tips. People are becoming too obsessed with the title. I bought the book in order to slim and tone my legs. I'm at a healthy body weight whether I gain 10lbs or lose 10lbs, but for

some reason my legs (especially my calves) are not as slim as I would like them to be. I was never after a thigh gap but her information is VERY useful. Pretty dead on. I also read TNT Diet which I've been doing, (low-carb) works great but it's geared toward body builders which I am not. I have stubborn fat in my calves and wanted to see if this held anything else I hadn't tried. Glad I read it. I can continue my TNT Diet along with hacks and exercise tips from this book which also advocates low-carb diet as well as a healthy calorie deficit depending on the weight you want to lose, nothing about starving yourself. Only reason I gave it four stars is because I could not access the information on the website.

I was curious to see what was in this book after hearing all the controversy. There's really nothing bad in this book, Camille makes sure she gives advice that's within reason. She makes a good point that if you're lean enough, you'll have less fat between your legs just like men cut to see definition in their abs. But in order to do this, she gives you tips on how to accurately calculate a calorie deficit but not go too far because you'll just lose muscle with your fat, and you'll never actually get lean. She also explains that exercising your legs won't burn fat on your legs, it burns calories/fat proportionally throughout your body, and strength training your legs too hard will build muscle (making them thicker). This is absolutely accurate! Too many girls are misinformed about dieting and exercise, and actually her advice can prevent you from spiraling towards anorexia or over-exercising tendencies. That being said, some girls, like me, just have muscular legs. I had a DXA scan and the guy commented that my leg muscles were impressive. There it was on the results, it was rock hard muscle. But another thing is, I'm slightly knock-kneed, while a lot of girls with thigh gaps are bow legged. I actually have holes in my tights and I get rashes when I'm wearing shorts. I've been training my legs with rubber band squats and doing side leg lifts, and I can see my legs straightening out. I don't need a thigh gap when my feet are touching, but less rubbing and tripping when I'm walking makes my life easier!

There isn't anything in this book about starving yourself, just tips to achieve your goals. The vicious reviews are from the land monsters who would rather put you down for going for the gold, than put in the work to go for the gold themselves.

OMG!!! The most accurate evidenced based results oriented book I have ever read. I am a healthcare provider, expert in the fitness and health industry and an avid reader. I finally read the "why" to what I was already doing to achieve my perfect body. Everything she says is "right on the

mark" with current, relevant, research articles from reputable journals to back up her suggestions. The only in congruency is the YouTube cardioshe does squats and I have found squats bulk the hip flexors. Other than that, if you follow the suggestions in book, even half heartedly, you will see results!!!! Guaranteed!Update: So I have been using 70% of the suggestions in this book and became too thin (my husband and kids told me), without being hungry or unhealthy. I went from 105-108, to 98 lbs, yikes, although I'm 5 feet tall. I feel better and sleep better and don't feel deprived at all as every day I have dessert. I found the biggest and most effective piece of advice to follow, and this is what has allowed me to eat foods I want, is the fasting advice. I found if I stopped eating at 7p and didn't eat until 10ish with the exception of half a grapefruit, I ate whatever I wanted for lunch (without going over 2 pounds in my belly), then dinner a reasonably low cal option, I lost too much weight. I eat clean and I tested Camilles advice and ate a sweet potato, popcorn, nuts, and kale for snack. This book, if followed for two weeks is the real deal! Tested and it works, and I feel so much healthier and lighter!

Great

This book is a great no nonsense way of getting into shape.

Okay book. Fast shipping.

I don't even want a thigh gap, nor do I find it appealing on women. I personally think the social media pictures shown of girls with thigh gaps are way too skinny. I myself find voluptuous figures more attractive. **HOWEVER**, the reason I purchased this book is because I was intrigued about her fast track tips to losing weight. And after reading the entire book, I can honestly say it was informative and contained some "hacks" that I believe will work and will definitely try. I'll admit there were parts in the book where I found Camille to be rather defensive, and she ranted on longer than she needed to about why doing these things works. I understand her reason for doing so is because she's got so much negative stigma against her. I simply glossed over those sections of the book and skipped to actual hacks. From this book, I handpicked some tips that I strongly believe will work for me, and am ignoring the ones I know I will never comply with. Granted, you will find strategies in here that are completely unconventional and if it's not for you, don't do it. But if you think it will work for you, why not? Don't kid yourselves into believing you've never tried some pretty ridiculous strategies to reach your end goal (whether it be finding a job, meeting a man, or losing weight).

Everybody needs to try what works for them, and Camille has outlined a lot of tricks that (based on my experience) seem like they will actually work, and I'm motivated to try them! At the very least, I give her the credit for putting this book together and standing by it against all the adversity. It worked for her, she's proud of it, and she's flaunting it - why put her down? If you're worried your daughter or best friend will seriously become anorexic by reading this book, than that person has WAY bigger fish to fry than putting a book down.

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