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to
help you
lose

habit rehab
making good
ones stick

why you should
walk
every day

{ small changes } = { BIG RESULTS }

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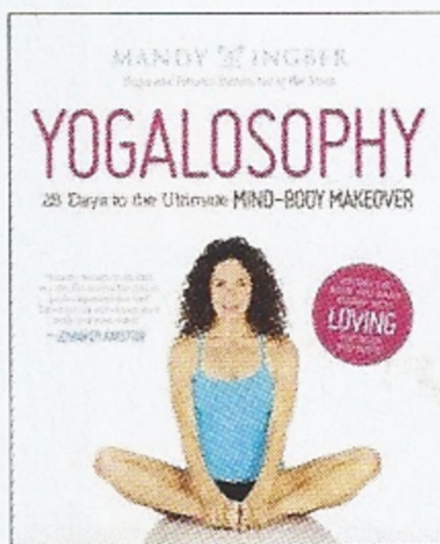
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WeightWatchers.com

50th
anniversary
special issue



"All parts of my life tend to sync up when I am exercising. I have often been surprised that life resolves itself while I am in class."

Learn a thing or two about shaping your arms from this celebrity go-to yogi. The author offers a gentle, effective guide to building a healthier body and mind.

Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover by Mandy Ingber (Seal Press, 2013), \$20.