



# **S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches**

*Cynthia Sass*

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## S.A.S.S. Yourself Slim: Conquer Cravings, Drop Pounds, and Lose Inches Cynthia Sass

*Flat Belly Diet* co-author Cynthia Sass delivers a tried-and-tested weight-loss program that helps you end overeating and still feel full and satisfied—while enjoying the best, tastiest food combinations that burn fat and boost metabolism. Originally published in hardcover as the *New York Times* bestselling *Cinch!: Conquer Cravings, Drop Pounds, and Lose Inches*, this cookbook-inspired weight-loss bible, *S.A.S.S. Yourself Slim*, is your new diet tutor, support net, and personal life coach all rolled into one easy-to-pick-up volume from a voice you can trust.

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