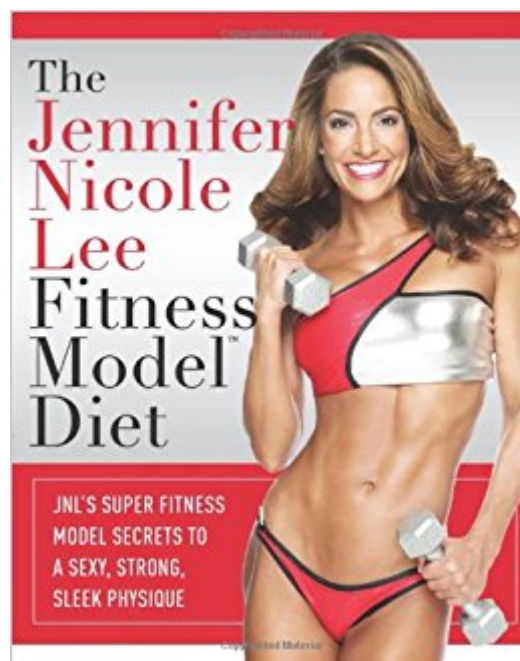




The book was found

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

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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 of a super fitness model. • Steve & Elyse Blechman, Owners of Advanced Research Press,

"Mike Brochu, Top
 Beauty & Fashion Photographer, www.MikeBrochu.com In a career as one of the chief
 photographers in the fitness industry, I have had the pleasure of working with the biggest names.
 However, shooting with JNL is always an experience. She is funny, sexy, approachable, and such a
 professional to work with, time and time again. The first time I photographed her was in 2004 for her
 first magazine cover, Fitness RX. And with every photo shoot, she just gets better and better. She
 has been able to master the art form of fitness modeling, and is indeed a living legend. This book is
 a must read for anyone who wants to really get inside of La Tigra's head and learn a lot
 about fitness modeling and how to live like one.

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 exercises were just as fake and all the oohs&ahs 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 it's 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 fiancé 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 too 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.

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