

# Be A Loser!: Lose Inches Fast--No Diet By Greer Childers

**By Greer Childers**

## **Be a Loser! : Lose Inches Fast-- No Diet - -**

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Author: Greer Childers, Bobbi Katz, Title: Be a Loser!: Lose Inches Fast--No Diet (Paperback), Category: Books, ISBN: 9780812931419, Price: \$6.92, Release\_date: 1999

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Jun 25, 2006 You just need to learn how to breathe deeply. Get a book "Be a loser! (Lose inches fast- no diet) by Greer Childers with Bobbie Kats.- N.Y.: "Times Books

## **Greer Childers : Books,Author -**

Keywords: diet, fast, inches, lose, loser Pages: 188 Published: 1998. Rating: 80%; Greer Childers, age 53 and mother of three,

## **Bobbi Katz | ZoomInfo.com -**

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It takes only 15 minutes a day, and there's no dieting! Greer Childers shows how to lose inches from your waist, hips, and thighs in the very first week.

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Greer Childers, age 53 and mother of three, credits her BodyFlex method with dropping her from a size 14/16 to a size 4/6 in 90 days. Childers had tried jogging  
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Greer Childers with Bobbie Katz. I had seen the infomercials for BodyFlex and Oxyrise a few years back, and hadn't given them much thought (when you really want to

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