

**I GOT THIS: HOW I CHANGED MY WAYS AND LOST
WHAT WEIGHED ME DOWN**

Elin Bauza

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Books by Jennifer Hudson. In I Got This she'll show you how she embraced Weight Watchers as a realistic, healthy way of life and help anyone who has even suffered from a weight problem to do the . I Had the Strangest Dream This uplifting memoir tells the story of Jennifer's meteoric rise from American Idol to Dreamgirls to her amazing weight loss on the megablockbuster Weight Watchers diet plan. I purchased this book to garner insight on how Jennifer lost weight utilizing the Weight Watchers Program. The Book of Enoch by Enoch Paperback Stephanie Madoff Mack. The E-mail message field is required. Penguin Publishing Group. Salt, Sugar, Fat.