



# The Jean Nidetch Story An Autobiography

*Jean Nidetch*

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## **The Jean Nidetch Story An Autobiography** Jean Nidetch

Foreward by Maya Angelou. Introduction by David Kirchoff. From back cover: "Weight Watchers founder Jean Nidetch shares the remarkable story of her transformation from a Queens, New York, housewife to a healthy-living icon. Her everywoman personal struggles, rags-to-riches rise, and can-do attitude will inspire readers everywhere."

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