



The Jean Nidetch Story: An Autobiography

By Jean Nidetch

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Readers everywhere will be inspired by the remarkable journey of Weight Watchers founder, Jean Nidetch. In her new book, *The Jean Nidetch Story: An Autobiography*, Jean chronicles her transformation from a Queens, New York, housewife to a healthy-living icon. Read about her personal struggles, rags-to-riches rise, and sunny, can-do attitude. The book includes a foreword by the poet Maya Angelou and an introduction by Weight Watchers president and CEO David Kirchoff.

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The Jean Nidetch Story: An Autobiography By Jean Nidetch Bibliography

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