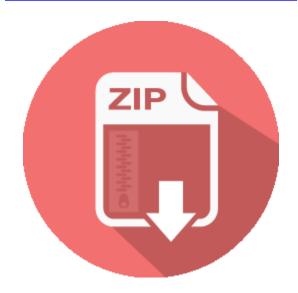
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Stop Counting Calories & Start Losing Weight: The Harcombe Diet was first published in 2008, to share the message with readers world-wide. This recipe book is the perfect accompaniment to all of Zo s books. Zo has also appeared on TV and Radio and writes regularly for magazines and newspapers.

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