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Hot, Healthy, Happy: The 21-Day Diet to Eat, Drink and Think Your Way to Self-Love and Skinny Jeans

By Christy Fergusson

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Hot, Healthy, Happy: The 21-Day Diet to Eat, Drink and Think Your Way to Self-Love and Skinny Jeans, Christy Fergusson, Let's face it, we'd all love to have the perfect body, but not if it means starving ourselves and feeling miserable all the time! There are a million ways to lose weight and countless books selling the secret to skinny, but what if you want a diet for girls that's about more than thin thighs and a size 6 waist? Inside Hot, Healthy, Happy you'll find a nutritional, psychological and spiritual toolkit that will enable you to: wake up each day with enough energy to follow your dreams; have flawless skin and nails to die for; have a period without needing painkillers and chocolate bars; connect to and trust your inner wisdom; and feel happy and confident, despite facing drama in the Twittersphere. In Hot, Healthy, Happy, The Food Psychologist and nutritional therapist Christy Fergusson shows how science makes you sexy and invites you to achieve the life and the body you want. Discover the cutting-edge 21-day formula she used to overcome a myriad of health conditions and become the...



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