



Dump the Diets, Ditch the Scales, Drop the Inches (Paperback)

By MR Paul Lonsdale, Mrs Ann Hirst

Createspace, United States, 2014. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****. (You can be forgiven for looking at the book cover and thinking: mmm. 50 shades of fat loss!) So, you want to lose some weight? (You're perusing the diet book section - it's hardly a Sherlock Holmes deduction.) But which diet do you go for: low carbs; low fat; meal replacements; protein only; points; blood group; soup; fasting; double choc muffins? (Okay, we made the last one up.) Chances are you've already tried a few but they've not worked (otherwise you wouldn't be looking for another diet). But why turn your life upside down by trying to follow someone else's complicated diet plan and end up either starving hungry or eating things you don't like, when the rules of weight loss are so incredibly simple to understand. Why not just design your own eating plan that fits perfectly into your life? After all, you know yourself better than anyone else. So just how do you do this? (Easy - buy this book!!) Lifelong personal trainers and nutritionists, Paul Lonsdale and Ann...



READ ONLINE

[1.58 MB]

Reviews

Merely no words and phrases to explain. I was able to comprehend almost everything out of this created e publication. I am quickly will get a satisfaction of studying a created ebook.

-- **Cleta Doyle**

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ida Herman**

You May Also Like



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home (Paperback)

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



Oxford Very First Dictionary (Paperback)

Oxford University Press, United Kingdom, 2012. Paperback. Book Condition: New. Georgie Birkett (illustrator). 234 x 182 mm. Language: English . Brand New Book. A fully illustrated alphabetical first dictionary for 4-5 year-olds. A fresh new look for the Oxford Very First Dictionary...



Oxford First Illustrated Maths Dictionary (Paperback)

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 234 x 180 mm. Language: English . Brand New Book. The Oxford First Illustrated Maths Dictionary supports the curriculum and gives your child a head start in understanding first maths concepts. Organised...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...