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Drop a Size in Two Weeks Flat!

By Joanna Hall

HarperCollins Publishers, United Kingdom, 2003. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. The new kick-start fat loss programme from This Morning s Diet and Fitness presenter. How to lose fat quickly and, more importantly, how to keep it off using Joanna s own starch curfew plan and special exercises Everyone has those times when they want to lose their love handles quickly- to get back in their jeans, lose weight put on over Christmas, or look fantastic for a special occasion or a holiday. Joanna Hall, the UK s hottest fitness presenter, shows people how to achieve this and, more importantly, how to make sure the weight doesn t go straight back on! Tried and tested on 12 volunteers, Drop A Size In 2 Weeks Flat! includes: * A 14 day Get a Grip plan * A great maintenance system: how to keep your body trim in the long term using a simple points system, so you can eat the foods you want while following Joanna s no carbs after 5pm rule * Damage Limitation tips: how to minimize the harm when away on business trips, cooking for a family, entertaining or eating...



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