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5:2 Your Life

By Emma Cook

Paperback. Book Condition: New. Not Signed; 5:2 Your Life: the fast way to get your life in shape. How the Revolutionary 5:2 approach can Transform your Health, your Wealth and your Happiness. 5:2 Your Life is your easy-to-follow guide to how the revolutionary principles of the 5:2 diet can be applied to key areas of your life, including: fitness; drinking; money; worry; productivity; relationships; screen time; and, environment. We all know we should be drinking less, doing a bit more exercise and spending more time with our families than on our mobile phones. We know there must be a better, healthier balance, physically and emotionally. 5:2 Your Life is your one-stop shop to making lasting change, whether it's spending less money, going offline, working more productively, or calming those niggling day-to-day worries. With clear and flexible 7-step plans that move at a pace to suit you, with 5:2 Your Life you choose the area of your life you'd like to transform, turn to that chapter and focus on that area for just two days a week. There are no complicated rules and you'll very quickly see results. Emma Cook believes that the 5:2 ratio can help put us back in...



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