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You Are What You Eat: Michelle's Diary

By Michelle McManus

Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, You Are What You Eat: Michelle's Diary, Michelle McManus, When Michelle McManus won Pop Idol in 2003, she became as famous for her size as for her singing voice. At first she ignored the catty comments in the press, but when she realized that her weight had crept up to a potentially life-threatening 22 stone, she finally decided enough was enough. Enter Channel 4's top-rated show, You Are What You Eat. At the end of 2004, Michelle bravely subjected her diet to the scrutiny of holistic nutritionist and presenter, Gillian McKeith. For the first time she was forced to confront the truth about her food habits. And, gradually, she started to re-educate herself about how to eat healthily. The results were nothing short of astonishing. In the space of a year, Michelle lost an incredible 8 stone, dropping 5 dress sizes along the way. What's more, she felt better and more energized than ever before. And all without dieting. This is Michelle's frank and funny personal diary of her extraordinary journey. Featuring Michelle's exclusive recipes, tips and exercise plans that you can follow at home, it is an inspiration to...



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