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The GI Bikini Diet: 28 Days to a New Body

By Charles Clark, Maureen Clark

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The GI Bikini Diet: 28 Days to a New Body, Charles Clark, Maureen Clark, Worried about how you will look in your bikini on holiday? The GI Bikini Diet is an easy, straightforward plan if you want to get your body back into tiptop shape for the beach - the safe way. Many people find that during the winter months they cover their bodies with layers of clothing and forget about how their bodies look underneath. With a simple, easy to follow weight loss plan that promises quick, but safe, weight loss, this book will help you to give your body a pre-holiday boost. Includes: - Diet plans - Low GI recipes - Cellulite-busting tips - Quick and easy exercises - Tips for eating out.



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