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GI Hip and Thigh Diet

By Rosemary Conley

Cornerstone. Paperback. Book Condition: new. BRAND NEW, GI Hip and Thigh Diet, Rosemary Conley, You won't believe how quickly the weight and inches disappear! Rosemary Conley CBE has taken the key elements for success from her two biggest-selling and best-known diet books, her Hip and Thigh Diet and Gi Jeans Diet, to create the ultimate, healthy weight-loss formula that promises optimum results in the shortest possible time. Her brilliant new plan takes the hard work out of dieting by combining the scientifically proven benefits of low-fat and low-Gi eating in an easy-to-follow programme that fits into any lifestyle. The varied and flexible menus offer plenty to eat and ample options for solo slimmers, meat-eaters and vegetarians alike, and there's a wide selection of delicious recipes that the whole family can enjoy. In fact, it won't feel like a diet at all but a new way of eating. 'I guarantee that if you follow this diet you will transform your body faster than you ever believed possible. It really, really works!' Rosemary Conley CBE.



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