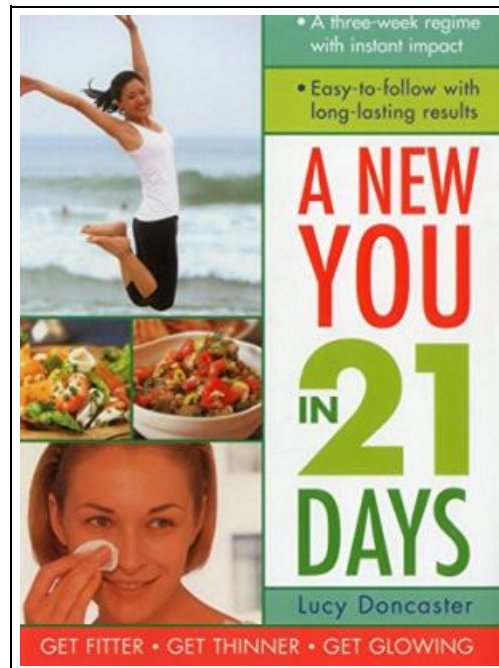


A New You in 21 Days



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Reviews

It is one of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Nicholas Ratke)

A NEW YOU IN 21 DAYS



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, A New You in 21 Days, Lucy Doncaster, This title features a three-week regime with instant impact. It includes easy-to-follow with long-lasting results. Eat yourself slim with this 21-day diet and fitness plan, including more than 80 healthy low-fat recipes and a range of aerobic and toning exercises for the whole body. Complete the transformation with a selection of confidence-boosting top-to-toe beauty treatments. It is packed with tips, advice and full nutritional information as well as easy-to-use meal and exercise planners, all shown with over 500 pictures. Full nutritional information and at-a-glance calorie and saturated fat values are provided. Based on the principle that in order to lose weight you have to cut your calorie intake and increase your activity levels, A New You in 21 Days outlines a healthy three-week weight-loss scheme that will leave you looking and feeling fabulous. There is a range of delicious low-fat recipes - from breakfasts and snacks to light lunches, main meals and even some sweet treats - easy-to-follow aerobic and toning exercises, and expert beauty tips that will help you maximize your assets. With detailed planners, at-a-glance calorie counts and accessible routines, this book will enable you to transform yourself into a slimmer, healthier, more energized you.



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