



## The Flat Tummy Club Diet (Paperback)

By Kate Adams

Hodder Stoughton General Division, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Depressed by her expanding waistline, Kate Adams set out to lose weight - and keep it off for good. Six months later and over two stone lighter she decided to share her experiences and set up the Flat Tummy Club. Now you too can become a member by following the foolproof Flat Tummy Club Diet:1. Do the Flat Tummy Inquisition to work out where exactly your spare tyre comes from.2. Beat the bloat and shed up to 7lbs in a week with the 7-day Jump Start.3. Swap in the Top 20 Flat Tummy Foods to keep you on the straight and narrow-waisted.4. Keep your flat tummy forever with tips to help you maintain your willpower when stress, holidays and work start getting in the way.



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