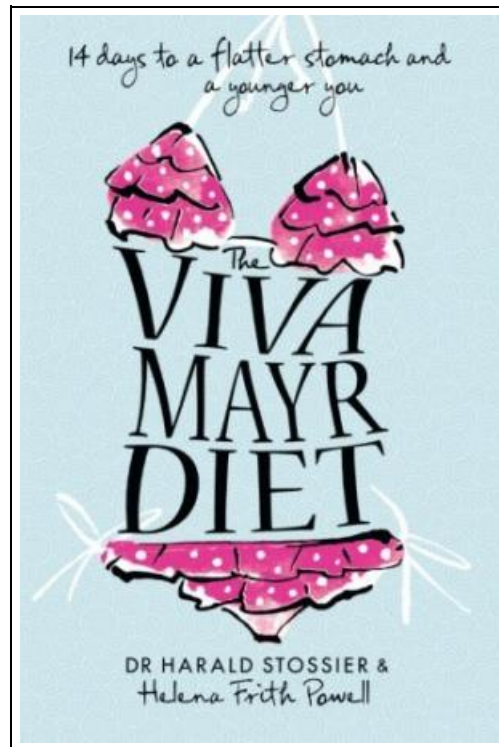


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Reviews

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

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THE VIVA MAYR DIET: 14 DAYS TO A FLATTER STOMACH AND A YOUNGER YOU

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Viva Mayr Diet: 14 Days to a Flatter Stomach and a Younger You, Harald Stossier, Helena Frith Powell, A glass of wine at dinner and a flatter stomach in 14 days? Yes girls, it can be done! The Viva Mayr Diet is the savvy diet for people in the real world who want to get a bikini body and revamp their health with ease. It's based on the world-famous Viva Mayr spa clinic in Austria, the hottest health and weight loss destination in Europe. After 14 days your stomach will be flatter, your skin will be glowing, you'll have a spring in your step and you'll be well on your way to getting a fabulous beach babe body. You'll feel so good you'll want to make The Viva Mayr Diet a way of life - and let's face it girls, if you want to make a permanent dent into those love handles you've got to look a bit further into the future. The difference is that after the 14 days you'll be hooked and it should feel as natural following The Viva Mayr Diet as it is reaching for your lip gloss. Dr Harald Stossier, the medical genius behind it all, has teamed up with Helena Frith Powell, former serial dieter and author of Two Lipsticks and a Lover. Together they will take you through the simple principles of the diet, open your eyes to why following it makes perfect sense and walk you step-by-step through the 14-day practical plan. Dr Stossier and Helena also share their experiences of following the diet with rare insight and humour, telling you what to expect, how to avoid any pitfalls and how to reap the benefits of looking and feeling better than you have...

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