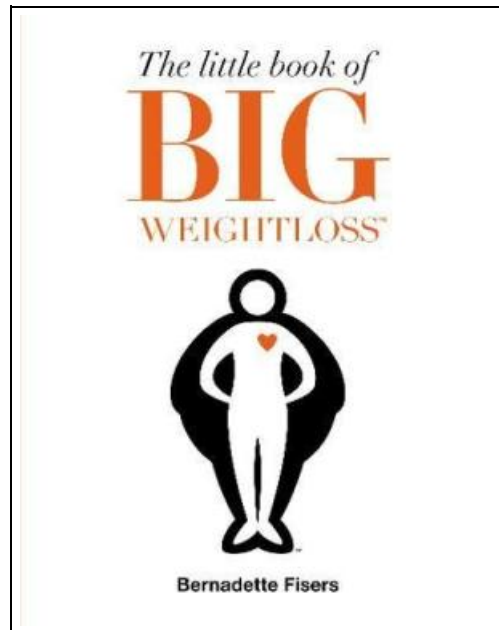


The Little Book of Big Weightloss (Paperback)



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Reviews

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

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THE LITTLE BOOK OF BIG WEIGHTLOSS (PAPERBACK)

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Transworld Publishers Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The Little Book of Big Weightloss is for anyone who has tried and failed to lose weight long term - anyone who has grown tired of all the confusing, conflicting advice and complicated diet plans on offer. Based on a simple set of 31 food and lifestyle rules , this inspiring book is packed with invaluable tips and strategies and provides a fresh, can do approach to dieting and sustainable health benefits. Successful hair and makeup artist Bernadette Fisers had struggled with her weight for years. She d tried and failed at many diets over the years but things came to a head when she was forced to face some harsh truths: her weight had ballooned to almost 130 kilos and she had a BMI reading of 42. Pre-diabetic and diagnosed as morbidly obese with a fatty liver and high blood pressure, Bern decided that now was the time to ditch the faddy diets and take matters into her own hands to turn her life around. So she turned to those she knew well, the glamorous models she worked with, finding out about their healthy eating habits and their tips on staying trim. She also began researching medical reports and health and nutrition papers, until finally - by trial, error and a lot of experimentation - she created a healthy lifestyle plan that was quick to read, easy to follow and, most importantly, would work long term. Following her new rules , Bern went on to lose more than 30 kilos in just 30 weeks and she is now on a mission to help others to achieve their goals.

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