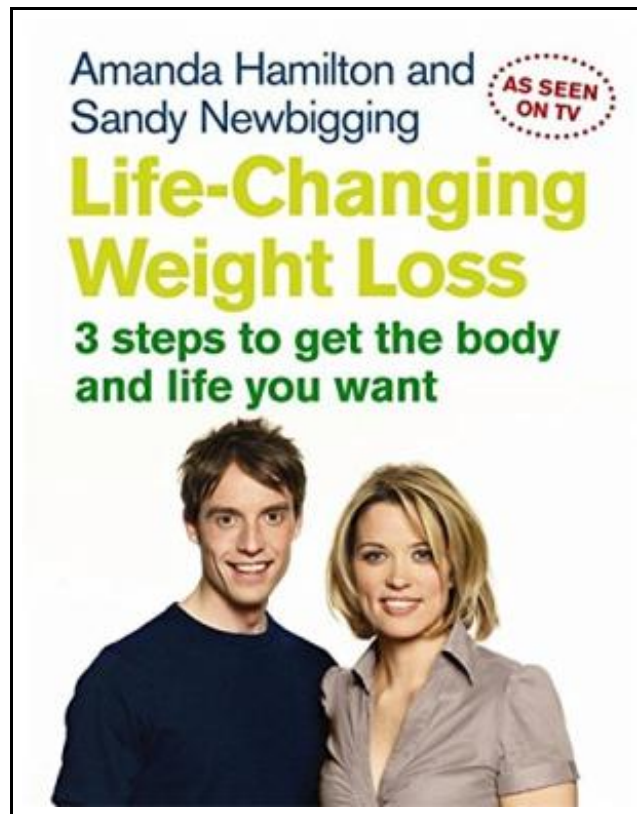


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Little, Brown Book Group, United Kingdom, 2008. Paperback. Book Condition: New. 230 x 184 mm. Language: English . Brand New Book. LIFE-CHANGING WEIGHT LOSS reveals a unique way to attain your ideal weight - for life! Traditional dieting can actually make your body more toxic, leading to long-term weight gain and health problems. Leading detox experts Amanda Hamilton and Sandy Newbigging show you how to harness the power of your body and mind to achieve significant, long-lasting weight loss. Their simple three-step plan - Discover, Resolve and Enjoy - will help you to reach your target weight and regain your health and vitality. This practical book gives you the tools to resolve the root causes of your current weight - such as chemical calories, toxic habits, food addictions and emotional baggage. Once you have tackled these, you move on to the 7-day kickstart programme. This combines over 40 simple, tasty recipes with easy exercise and effective mind techniques. Sandy and Amanda provide plenty of tips on how to boost your progress and maximise your results. LIFE-CHANGING WEIGHT LOSS enables you to lose the weight you want to lose, and enjoy a happy, healthy life. You ll never need another diet book.



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