



Till the Fat Lady Slims 2.0 - The When Diet: Break Free from Food Prison Forever (Paperback)

By MS Debbie Flint

Flintproductions, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The semi-autobiographical weight loss book from QVC UK presenter Debbie Flint. Updated September 2014 to include new information, new testimonials and a whole new way of using this system for those who prefer traditional diets - introducing The When Diet. Plus break out of Food Prison with Freedom Eating - the full guide is included in this edition. In 1998 Debbie Flint found herself more than two stone overweight, under stress and in need of help. Enter Freedom Eating. This natural weight loss method helped her break free from Food Prison and un-learn all the bad habits from a lifetime of starting again on Monday. This semi-autobiographical book features her original 2002 Till the Fat Lady Slims, containing some painful secrets many of us will find all too familiar. Plus, revamped for 2014, extra material covers the dangers of sugar, how to use this method alongside traditional dieting, and many new testimonials from a whole new generation of successful slimmers. After a tough decade, Debbie has once again regained her birth-right to be slim. And so can you. Contains three sections -...



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Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.

-- **Dr. Meta Smith**

Basically no phrases to spell out. It is actually really interesting through studying time. You can expect to like just how the article writer created this publication.

-- **Braden Leannon**