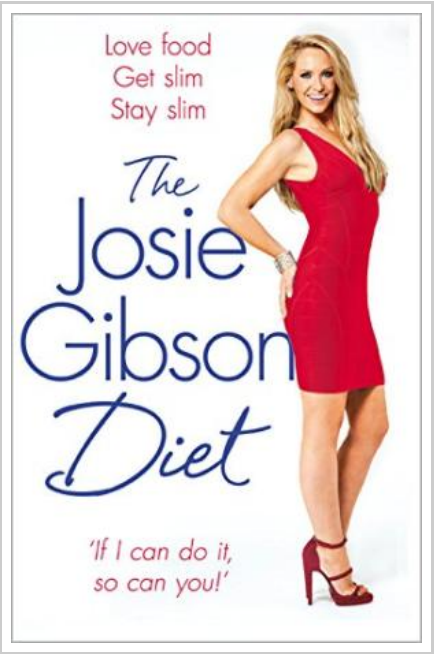


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The Josie Gibson Diet: Love Food, Get Slim, Stay Slim (Main Market Ed.)

By Josie Gibson

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Josie Gibson Diet: Love Food, Get Slim, Stay Slim (Main Market Ed.), Josie Gibson, A healthy eating plan from Big Brother's Josie Gibson. Josie Gibson lost 6 stone in 7 months, going from a size 20 to a 10. And if she can do it, so can you. Follow the diet that transformed her life. Based on the paleo diet, there's no calorie counting, no fasting and no fuss - just lots of delicious healthy food. And a day off a week to eat what you like! With meal plans and mouth-watering recipes, Josie provides the tools to get you started. She also shares her experience of years of trying and failing to lose weight and shows how to strengthen will power and keep motivation high. From advice on exercise to funny stories from her own weight battles, Josie's inspiring book will strike a chord with us all. It is a complete guide to healthy eating and will help you to lose weight, sleep better and make sure your body gets all the nutrients it needs - all without you ever feeling hungry.

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Reviews

Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Unquestionably, this is the greatest operate by any article writer. I could comprehended everything out of this written e ebook. Your way of life span will be transform as soon as you total reading this book.

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