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The Bottom Line Diet: How I Lost Weight, Kept it off. and You Can Too! (Paperback)

By Jessica Irvine

Allen Unwin, Australia, 2014. Paperback. Book Condition: New. Main. 178 x 127 mm. Language: English . Brand New Book. In this straightforward but groundbreaking new book, Jessica Irvine documents her own dramatic weight loss and equips you with easy-to-use tools and practical information to help you lose weight. Based on interviews with leading obesity researchers, Jessica shows you how to work out your own bottom line - the number of calories your body uses in a day - for maximum weight-loss results. Then, once you've lost weight, she shows you how to keep it off and, should you happen to put some kilos back on, how to lose it again (like she did). Packed full of personal tips, Jessica explains the simple accounting principles she used to lose weight and then maintain her weight loss. Let Jessica help you beat the odds to transform your body forever.



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which in fact modified me, affect the way I really believe.

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Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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