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Fit for Life

By Harvey Diamond

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Fit for Life, Harvey Diamond, FIT FOR LIFE. All diets work and all diets fail, but here at last is hope for anyone who wants to achieve - and maintain - permanent weight loss. Fit For Life is a revolutionary diet and lifestyle programme that allows you to eat unlimited portions of the foods you like and leads you to new levels of overall good health and wellbeing. As you finally put an end to all those years of boring calorie counting and damaging yo-yo dieting, this simple, natural Fit for Life reveals. * the three vital principles to bring permanent weight loss and high energy. * the secrets of timing and food combining that work with your natural body cycles. * a complete four-week meal plan, menus, delicious recipes and essential shopping tips. Fast, effective and easy to follow, the internationally acclaimed Fit for Life is your answer to a healthier, more vibrant life. Don't you owe it to yourself to begin today?.



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