



Good Housekeeping Drop a Dress Size: Lose 5lbs and keep it off for good! (Paperback)

By Good Housekeeping Institute

PAVILION BOOKS, United Kingdom, 2013. Paperback. Condition: New. Language: N/A. Brand New Book. Find yourself in a constant battle with the scales? You re not alone. Most of us struggle with our weight - no matter what we do, those pesky pounds creep back on. Dukkan, Atkins, Cabbage Soup. there are so many diets from which to choose. But what we really need to do is target the causes of excess weight and change how we think about, and choose, the food we eat. Good Housekeeping Drop a Dress Size is a diet with a difference. It breaks down all your eating habits - from breakfast on-the-go and workplace snacking, to eating out and cooking at home - so you can pinpoint temptation troublespots and make healthy changes. Learn how to identify common diet traps and decode food labels so you can make informed, guilt-free decisions. And the best bit? Nothing is off-limits - so there s no need to give up the chocolate cake. Instead, the book shows how to practice better portion control, and make simple but effective swaps and substitutions. Eating on-to-go? Find out how the high-street sandwiches fare in calorie count, and what it takes to...



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