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HarperCollins Publishers, United Kingdom, 2017. Paperback Condition: New. Language: English. Brand New Book Alice will inspire you to discover a new way of eating and exercising that banishes low-calorie, yo-yo dieting and shows you the way to a healthier mind and body. This isn t a diet - it s about transforming your lifestyle permanently. Alice knew that a quick fix wasn t what she was after - what she needed was a permanent lifestyle change. In a world where...

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- Authored by Alice Liveing
- Released at 2017



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