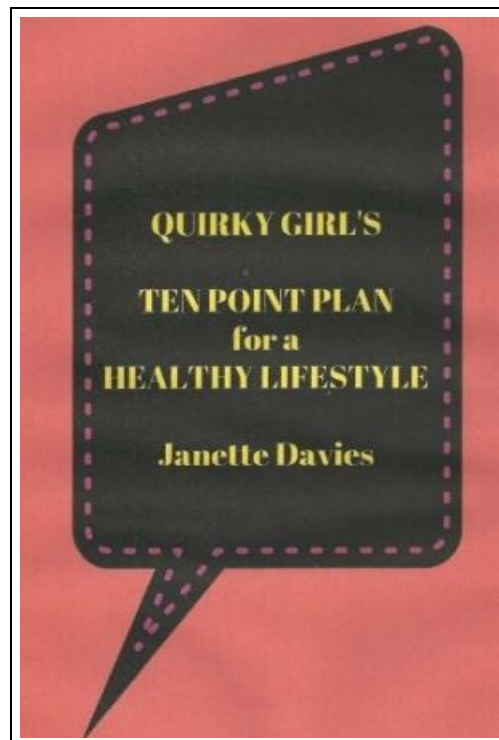


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Quirky Girl s TEN POINT PLAN for a HEALTHY LIFESTYLE EVERY PERSON IS DIFFERENT EVERYONE STARTS FROM WHERE THEY ARE NOW YOUR LIFESTYLE CHANGES ARE TAILORED PERSONALLY FOR YOU The biggest challenge with most conventional diets is boredom. The same old boring diet foods - always feeling on the edge of hunger - can t eat this - shouldn t eat that. Not allowed to drink alcohol - red wine is more fattening than white wine - beer is full of calories - dry cider is better for you than sweet cider. Says who? Not me. We ve heard it all before - it didn t work then and it never will work. No food or drink is banned on the Ten Point Plan. You learn to eat the food you love in the quantities that suit the person you wish to become. If you eat properly balanced meals which suit the lifestyle you live, you will never feel hungry and resort to yo-yo dieting of bingeing and starving. BELIEVE IN YURSELF.



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