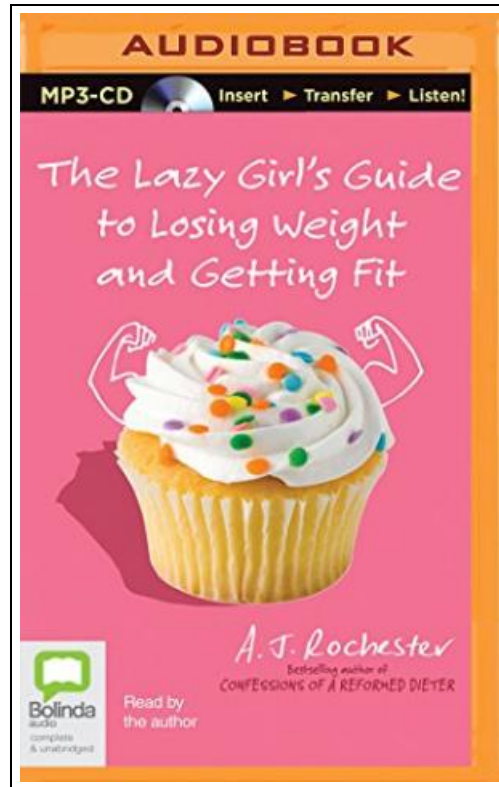


The Lazy Girl's Guide to Losing Weight and Getting Fit



Filesize: 1.43 MB

Reviews

It is one of the best publications. It is among the most remarkable publications I have read through. Your lifestyle period will change once you complete reading this article publication.
(Crystal Rolfson)

THE LAZY GIRL S GUIDE TO LOSING WEIGHT AND GETTING FIT



To get **The Lazy Girl s Guide to Losing Weight and Getting Fit** eBook, you should click the hyperlink under and download the file or have accessibility to additional information which might be in conjunction with THE LAZY GIRL S GUIDE TO LOSING WEIGHT AND GETTING FIT ebook.

Bolinda Audio, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A.J. Rochester has always been a lazy girl. She knows how hard it is to lose weight and exercise, and keep inspired about it to boot, especially when she d much rather curl up with some chippies and watch Carson on Queer Eye. After losing a staggering forty-five kilos, and writing about it in her bestseller, Confessions of a Reformed Dieter, hundreds of desperate women wanted to know how she did it. Forget Dr Phil, the clothesline, and Atkins--this is an easy, fun and effective guide for any lazy girl who needs to lose weight and get results that last. The Lazy Girl s Guide to Losing Weight and Getting Fit is a simple, step-by-step program and details the nuts and bolts of how A.J. lost weight and has helped over 200 clients through her 5 Kilo Club at Fernbank Fitness Centre. There s no starvation, no low carb torture, and no weights and measures--A.J. focuses on achievable goals, having fun and loving yourself while you make the biggest changes in your life.



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