



Neris and India's Idiot-Proof Diet: A Weight-Loss Plan for Real Women

Neris Thomas, India Knight

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Ever hankered for a diet book by and for real people--people who, you know, actually have a life? Congratulations: you've just picked it up.

Before we began our diet, Neris and I weighted 434 pounds between us. Our goal was to lose 140 pounds between us in under a year, to go from a size 22 to a size 14. And we did it. If two unusually greedy, cocktail-loving moms can lose this amount of weight without much effort, so can anyone.

This book tells you how two friends did it, and how you can do it too. It's not a diet devised by some bossy string bean who has never been more than 7 pounds overweight, nor by a fat middle-aged doctor, but a real, long-term, workable diet for real people. A modified and therefore bearable low-carb, high-protein way of eating, the diet really works and includes meal plans, recipes, advice on clothes, make-up and hair at every stage from fat to thin. It doesn't include impossible exercise routines or disgusting things to eat. Above all, it gets to the bottom of why we overeat--and shows you how to stop. There's never been a diet book like it--for women, by women, with jokes and useful tips, and advice that is truly simple to follow. What other diet book tells you to pour yourself a large drink at the end of the day, because you've earned it?

"You'll laugh out loud. Reading this book is like talking to a clued-up friend who also makes you feel great about yourself...amazingly frank...the honesty of their confessions exceed anything previously published!" ---*The Evening Standard*

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This book titled Neris and India's Idiot-Proof Diet: A Weight-Loss Plan for Real Women to be one of several books in which best seller in this year, that is because when you read this guide you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it by way of online. The publisher of the book sells the e-book too. It makes you more easily to read this book, as you can read this book in your Smartphone. So there is no reason for your requirements to past this guide from your list.

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A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you just read you can spent the entire day to reading a reserve. The book Neris and India's Idiot-Proof Diet: A Weight-Loss Plan for Real Women it is very good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can more quickly to read this book from a smart phone. The price is not to cover but this book has high quality.

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