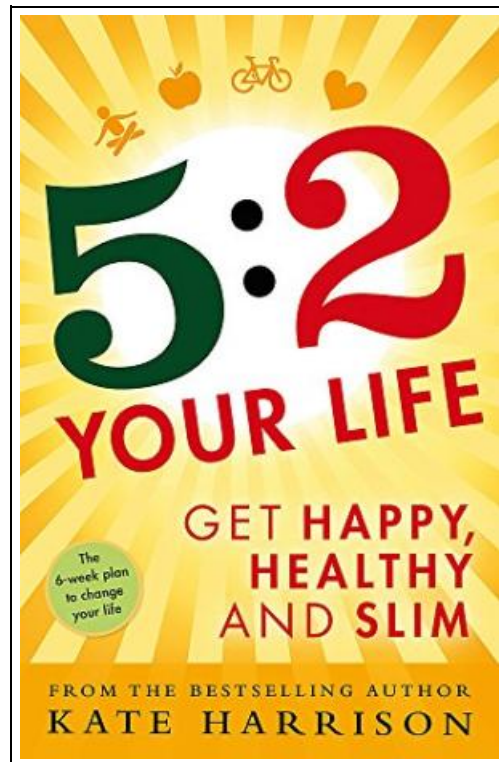


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Orion Publishing Co, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Get Happy, Get Healthy, Get Slim. 5:2 Your Life demonstrates how the 5:2 diet can be more than just a weight loss programme, it is a way of life. The small weekly change can make a huge difference. And that s what 5:2 is all about - taking simple steps, on just two days per week, which will have a powerful ripple effect on your whole life. Now Kate Harrison, best-selling author of The 5:2 Diet Book and The Ultimate 5:2 Recipe Book, has taken her knowledge and experience to turn the diet into 5:2 Your Life: Get Happy, Get Healthy, Get Slim. An inspiring six-week plan will help you to take control of the things that matter most to you, from your relationships and your work, to your health, your leisure time and the dreams you ve been neglecting. There s even a brand new eating plan to help you lose weight too - with exciting recipes and guidelines on eating the 5:2 way for the rest of your life. What are you waiting for? It s time to 5:2 Your Life.



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