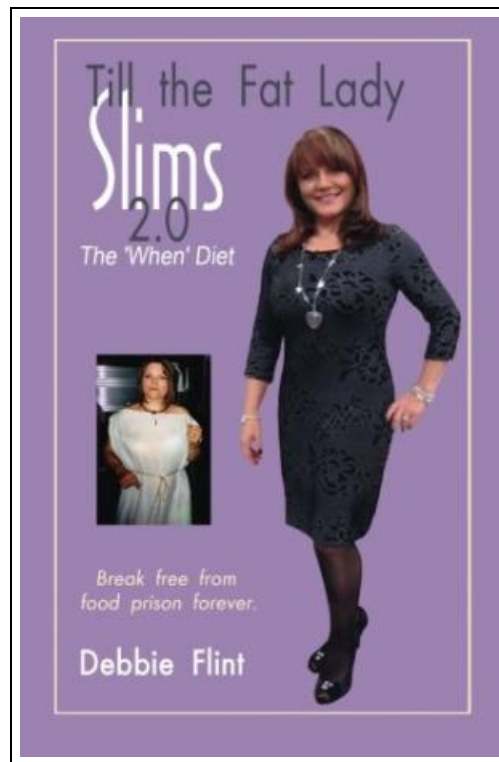


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Flintproductions, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The semi-autobiographical weight loss book from QVC UK presenter Debbie Flint. Updated September 2014 to include new information, new testimonials and a whole new way of using this system for those who prefer traditional diets - introducing The When Diet. Plus break out of Food Prison with Freedom Eating - the full guide is included in this edition. In 1998 Debbie Flint found herself more than two stone overweight, under stress and in need of help. Enter Freedom Eating. This natural weight loss method helped her break free from Food Prison and un-learn all the bad habits from a lifetime of starting again on Monday. This semi-autobiographical book features her original 2002 Till the Fat Lady Slims, containing some painful secrets many of us will find all too familiar. Plus, revamped for 2014, extra material covers the dangers of sugar, how to use this method alongside traditional dieting, and many new testimonials from a whole new generation of successful slimmers. After a tough decade, Debbie has once again regained her birth-right to be slim. And so can you. Contains three sections - 1.Introduction and the Basic Principles - the When Diet 2.Listening to your Body - when sugar gets in the way 3.Till the Fat Lady Slims 2002, plus bonus material - link to website with latest info and secret downloads Designed to be read many times, this book could be the start of a whole new set of habits and a whole new you. Please read the look inside - there is a summary at the start. Deb Sinclair Bunn, 48 It s so liberating to NOT be on a diet and still lose weight so well, all I can say...



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