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Complete Flat Stomach Plan

By Rosemary Conley

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Complete Flat Stomach Plan, Rosemary Conley, The Complete Flat Stomach Plan incorporates, and builds upon, the remarkable results and success stories of the original Flat Stomach Plan trial team. In this fantastic new healthy eating diet book, the original Flat Stomach Plan diet has been extended to include a greater variety of choice to suit all tastes. It comprises a 'free choice', three-meals-a-day eating plan, with healthy menus ranging from 'instant' supermarket branded meals to DIY gourmet recipes, including options for vegetarians. Plus, there are three separate ten-minute toning exercise routines containing the safest, most effective exercises to ensure weight loss around the stomach and waistline. Suitable for all ages and fitness levels - both men and women - readers can choose the routine that suits their ability and progress to the next one as their strength improves. Throughout, there are motivational tips, quotes from successful dieters as well as advice on keeping the weight off - and the stomach flat - for good. The perfect diet book for people who want to lose weight without the bore of calorie counting!.



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**