



## A Blokes Guide to the 5: 2 Diet: How I Lost 42 Pounds / 3 Stone in 12 Months Without Going to the Gym and Still Ate What I Wanted! (Paperback)

By Andrew Hurst

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.

A Blokes Guide to the 5:2 Diet How I lost 42 pounds / 3 stone in 12 months without going to the gym and I still ate what I wanted! This book will tell the story of a normal, everyday bloke, who was a bit fat but went on to lose 42 pounds (3 stone or 19kg) in just over 12 months and all without doing any exercise, eating any weird diet foods, drinking any awful shakes or taking any questionable supplements. In fact, this amazing weight loss was achieved simply, by changing his eating habits and following the 5:2 fast diet. The book reveals how this was achieved discreetly but in plain view of others, without spending silly money on special foods, or the need for expensive gym memberships. In addition the regime adopted will fit in with normal everyday life of normal people, is flexible enough to accommodate changes in busy life schedules, and can be maintained with little effort in order to keep the weight off. If Andrew can do it, then...



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