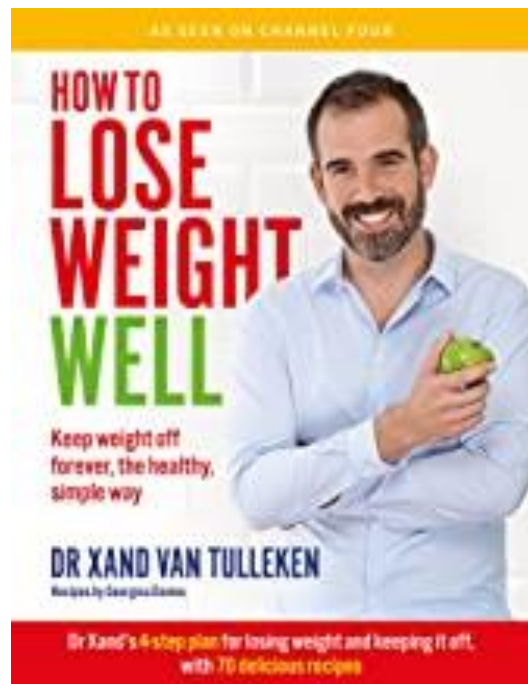


Book of the Week



Are you ready to lose weight well?

Written by Dr Xand van Tulleken, who slimmed down from 19 stone, How to Lose Weight Well accompanies the hit Channel 4 show and champions a fool proof weight loss method. He presents a simple 4-step plan for a healthy diet, backed by science. No gimmicks, no expensive supplements, no hassle just practical advice and 70 easy recipes for every day of the week.

For most people, diets fail when cravings and temptation get the better of them, but this diet addresses these common traps so that anyone can keep the weight off for the rest of their lives. Recipes include filling meat, fish and vegetable mains, breakfasts and even puddings. Additionally, a series of menu plans provides all the help readers might need to fit the recipes into their busy days.

Please reserve by contacting the following:-

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