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EATING LESS: SAY GOODBYE TO OVEREATING



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Eating Less: Say Goodbye to Overeating, Gillian Riley, As anyone who has ever been on a diet knows, they simply don't work. No one can diet indefinitely and, once you stop, the weight simply piles back on. Eating Less is not about dieting; instead, it places the emphasis where it belongs, on healthy eating and eating less. This revised and updated edition offers you a unique and inspiring solution to overeating: its...

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- Authored by Gillian Riley
- Released at -



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