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THE VIVA MAYR DIET: 14 DAYS TO A FLATTER STOMACH AND A YOUNGER YOU



HarperCollins Publishers. Paperback Book Condition: new. BRAND NEW, The Viva Mayr Diet: 14 Days to a Flatter Stomach and a Younger You, Harald Stossier, Helena Frith Powell, A glass of wine at dinner and a flatter stomach in 14 days? Yes girls, it can be done! The Viva Mayr Diet is the savvy diet for people in the real world who want to get a bikini body and revamp their health with ease. It's based on the world-famous Viva Mayr...

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- Authored by Harald Stossier, Helena Frith Powell
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