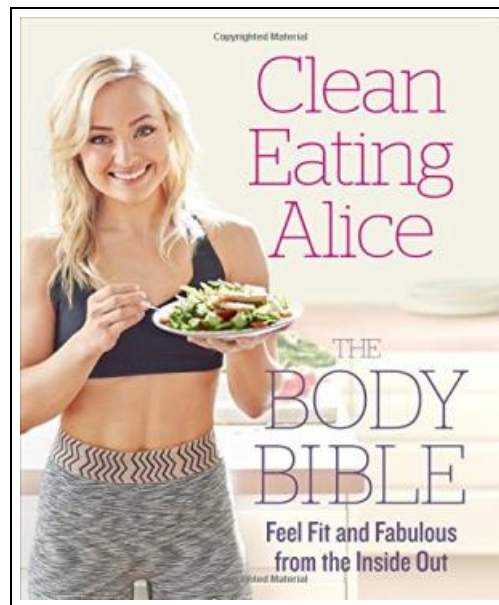


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(Prof. Jordy Kihn)

CLEAN EATING ALICE THE BODY BIBLE: FEEL FIT AND FABULOUS FROM THE INSIDE OUT (PAPERBACK)



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HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Alice will inspire you to discover a new way of eating and exercising that banishes low-calorie, yo-yo dieting and shows you the way to a healthier mind and body. This isn't a diet - it's about transforming your lifestyle permanently. Alice knew that a quick fix wasn't what she was after - what she needed was a permanent lifestyle change. In a world where everything is so instant and we have been conditioned to believe that a diet should have rapid results, we've lost our understanding of how to properly nourish our bodies to achieve long-term, sustainable health and fitness. The Body Bible is your guide to embracing a better way of living that will leave you feeling invigorated. The Body Bible provides you with over 80 enticing recipes for clean-yet-delicious breakfasts, lunches, dinners and snacks to transform the way you eat and feel. It will also guide you through Alice's easy-to-follow HIIT workouts that can be done anywhere and anytime. This book will show you how to combine a tried and tested food and exercise plan to get the strong body and healthy mindset that will last you a lifetime. This book is about looking and feeling great inside and out, you have to be disciplined and dedicated but I promise, you will get out what you put in. It will transform the way that you eat and feel forever. - Alice, January 2016.



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