

Rosemary Conley's Gi Jeans Diet - Rosemary Conley

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Rosemary Conley CBE is Britain's most trusted diet expert. So who better to bring us a diet book that takes the scientifically proven success of Glycaemic Indexing (Gi) but presents it in a way that is straightforward and easy to follow. Unlike other Gi books, Rosemary Conley's Gi Jeans Diet will do all the hard work for you. No calculations or complex charts, but a simple, easy to follow diet plan that promises sensational weight loss results - fast! To maximise your progress and achieve a truly great shape everyone needs to get active. Rosemary brings you her best-ever toning exercises plus the choice of a fat-burning walking or running programme - you choose. With a choice of tried and tested diet plans and delicious low fat recipes, this is the perfect diet for getting in to shape - and getting into those jeans - without even having to go hungry. It is healthy for the whole family too! "I lost 2 stone 1lb in 8 weeks without ever feeling hungry. It's the easiest diet ever" Rodney Munns - Trial Dieter

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