

The Amazing Adventures Of Dietgirl - Shauna Reid

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In January 2001 Shauna Reid was twenty-three years old and twenty-five stone. Determined to turn her life around, she created the hugely successful weblog The Amazing Adventures of Dietgirl and, hiding behind her Lycra-clad roly-poly alter-ego, her transformation from couch potato to svelte goddess began. Today, 8,000 miles, seven years and twelve-and-a-half stone later, the gloriously gorgeous Shauna is literally half the woman she used to be. In turn hysterically funny and heart-wrenchingly honest, The Amazing Adventures of Dietgirl follows the twists and turns of Shauna's lard-busting adventure as she curbs the calories and learns to love the gym. There are travel tales from Red Square to Reykjavik, plus romance and intrigue as she meets the man of her dreams during a pub quiz in Glasgow. As her UK visa rapidly runs out, will she be deported back to Australia or will love triumph? Entertaining and action-packed, this is the uplifting true story of a young woman who defeated her demons and conquered her cravings to become a weight-loss superhero to inspire us all. Author: Reid, Shauna Publisher: Transworld Digital Illustration: N Language: ENG Title: The Amazing Adventures of Dietgirl Pages: 00400 (Encrypted EPUB) On Sale: 2008-09-04 SKU-13/ISBN: 9780552155786 Category: Biography & Autobiography : General

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