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A NEW YOU IN 21 DAYS



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, A New You in 21 Days, Lucy Doncaster, This title features a three-week regime with instant impact. It includes easy-to-follow with long-lasting results. Eat yourself slim with this 21-day diet and fitness plan, including more than 80 healthy low-fat recipes and a range of aerobic and toning exercises for the whole body. Complete the transformation with a selection of confidence-boosting top-to-toe beauty treatments. It is packed with tips, advice and full nutritional...

Read PDF A New You in 21 Days

- Authored by Lucy Doncaster
- Released at -



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