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The Handbag Book of Diet Emergencies

By Jacqueline Williams

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Handbag Book of Diet Emergencies, Jacqueline Williams, In this, the third book in the fantastic Handbag series, Jacqueline Williams explodes the myths of many popular diets and tells you the facts you need to know. If you wake up in the morning and realise you are not only having a bad hair day, but also a fat day, then this is the book for you. Included are top tips for wearing clothes to flatter your shape, sticking to your diet, turning a shopping trip into a work-out, finding food with zero calories and eating out without pigging out. All this plus the Girly Bum Barometer and how to lose weight without leaving the sofa. You need never have a fat day again.



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