



No Diet No Gym More Fit & Slim

Carolyn Langton

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In an ideal world, you would be able to eat all your favourite foods without worrying, and maintain a healthy weight. You wouldn't have to go out of your way to exercise, or spend time and money at the gym. It sounds impossible, but there is a way... In a straight-to-the-point, no-filler style, the author shares with you tips and tricks for living a fitter and healthier life, and you won't have to find any more time in your day to accomplish it. This is a concise and clear guide to simple techniques that anyone can use, even if you hate exercise and have no willpower to deny yourself the foods you like best. Discover the secrets of the easy 'half and double' eating plan, the principles of 'kitchen yoga', and other revelations that you may not have thought about before, but which could help you live a healthier life.

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