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Fitness Junkie (Hardback)

By Lucy Sykes

Doubleday Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. A Good Morning America Summer Must-Read! From the bestselling authors of The Knockoff, an outrageously funny novel about one woman's attempt--through clay diets, naked yoga, green juice, and cultish workout classes--to win back her career, save her best friend, and lose thirty pounds. When Janey Sweet, CEO of a couture wedding dress company, is photographed in the front row of a fashion show eating a bruffin--the delicious lovechild of a brioche and a muffin--her best friend and business partner, Beau, gives her an ultimatum: Lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, sweating through boot camp classes run by Sri Lankan militants and spinning to the screams of a Lycra-clad instructor with rage issues. At a juice shop she meets Jacob, a cute young guy who takes her dumpster-diving outside Whole Foods on their first date. At a...



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