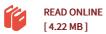




Fitness Junkie (Hardback)

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...



Reviews

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