



Till the Fat Lady Slims 3.0 - Tips and Tales to Inspire: Companion to Book 2.0 (Paperback)

By MS Debbie Flint

Flintproductions, United States, 2016. Paperback. Condition: New. abridged edition. Language: English . Brand New Book ***** Print on Demand *****.The COMPANION to TTFLS book 2.0. Till the Fat Lady Slims 3.0 - Tips and Tales to Inspire is designed to go into more detail about the Wayside, maintenance, and includes dozens of inspirational testimonials, anecdotes, and tips on sticking with the system. Also includes resources like some of the latest science behind why your body is gospel when it comes to being normal around food - including listening to your body's gut instincts and controlling the inner chimp! Many stories of breaking free from Food Prison forever. Or at least most of the time! And Debbie should know. In 1998, QVC UK's Debbie Flint found herself more than two stone overweight, under stress and in need of help. Enter Freedom Eating. Her spin on this system spawned her original TTFLS book, and the bingeing stopped. In 2014 a revised version, Till the Fat Lady Slims 2.0 - the When Diet was created, including the original in a slightly abridged form. It also includes updated info about sugar; bonus chapters, and how to use Freedom Eating alongside any traditional...



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Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sarai Lebsack

Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

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