

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



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)


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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 diet - ANY. Book 2.0 has the full run down on Freedom Eating and Deb's own semi-autobiographical original account. In January 2016, Book 3.0 - Tips and Tales to Inspire was created after a wave of success stories on her online support group. As the COMPANION to book 2.0, it covers topics such as shift working, emotional eating, the gut and health, and why we can't stick to diets - introducing the Inner Chimp. Plus why the Wayside is part of the journey - just don't set up camp there. Sarah Hills - November 2015 I had...

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