The Louise Parker Method Lean For Life

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This year, start a new you eating plan you can maintain for life. Louise Parker shows you how the A-Listers do it. Don't be fooled by vague promises of organic 'clean' eating. Teach yourself to EAT BEAUTIFULLY and EAT LEAN and TRANSFORM YOUR BODY FOREVER. This cookbook not only contains over 120 fuss-free recipes; it arms you with the knowledge to create hundreds of variations so you will never get bored.
Traditional Chinese edition of Dennis Lehane's Prayers for Rain. This Boston mystery visits the issue of our moral conscience which is more often gray than black and white. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.
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'Louise Parker's programmes have helped Oscar-nominated film stars, royals and other movers and shakers.' - Mail on Sunday 'Louise Parker has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' - Glamour 'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' - Good Housekeeping 'Quite simply the most intelligent weight-loss programme out there.' - Independent 'Louise is the only one out there I trust' - Emma Thompson This book is for anyone truly wanting to change the way they live, reclaim their health and in doing so discover a body that's lean, strong and sustained with ease. It's about being the best version of yourself, being confident and happy in your skin and absolutely loving the way you live. I'm about to guide you through the first six weeks of a lifestyle overhaul, where you make yourself a priority and where your new habits will set you free.' - Louise Parker, bestselling author of The Louise Parker Method and Lean for Life: The Cookbook Louise Parker's 6-Week Programme is a guided, motivational programme for transforming your body and

enjoying the results for life. Week by week, you'll follow each of the four pillars of Louise's Method: eat beautifully, live well, think successfully and work out intelligently. You'll experience a complete mind-body reset and focus on acquiring the habits key to long-term success. PRAISE FOR LOUISE PARKER: THE SIX WEEK PROGRAMME 'It sounds not only doable but delightful' - The Telegraph '[Louise Parker is] a modern wellness guru'- The Telegraph

It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases: TRANSFORM - taking the direct route to your best body LIFESTYLE - protecting your results for life The method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare. For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight. Think Successfully - positivity, keeping inspiring company and making time for simple pleasures every single day Live Well - de-cluttering your surroundings, a

Digital Detox after 9pm every night, sleeping 7-8 hours a night and taking 20 minutes a day to 'brain nap' Eat Beautifully - eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book Exercise Intelligently - achievable goals of walk a minimum of 10,000 steps, exercise for 30 minutes, following Louise's workouts or other exercises you enjoy

Simplified Chinese edition of 12 Rules for Life: An Antidote to Chaos

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magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' - Glamour 'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' - Good Housekeeping 'Clever, kind and committed to getting you the best body possible. Louise Parker really does think of everything.' - Tatler 'Quite simply the most intelligent weight-loss programme out there.' - Independent
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Kickstart your weight-loss potential and change your

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