



Flat Tummy Club Diet

By Kate Adams



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Depressed by her expanding waistline, Kate Adams set out to lose weight - and keep it off for good. Six months later and over two stone lighter she decided to share her experiences and set up the Flat Tummy Club. Now you too can become a member by following the foolproof Flat Tummy Club Diet: 1. Do the Flat Tummy Inquisition to work out where exactly your spare tyre comes from. 2. Beat the bloat and shed up to 7lbs in a week with the 7-day Jump Start. 3. Swap in the Top 20 Flat Tummy Foods to keep you on the straight and narrow-waisted. 4. Keep your flat tummy forever with tips to help you maintain your willpower when stress, holidays and work start getting in the way.

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Flat Tummy Club Diet By Kate Adams Bibliography

- Sales Rank: #5528198 in Books
- Published on: 2011-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.46" h x 1.22" w x 5.35" l, .99 pounds
- Binding: Paperback
- 416 pages

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Editorial Review

Review

Worried you'll have a bikini bulge this summer? Try the cult Flat Tummy plan and you could lose half a stone in just a week. Daily Mail In winter, you develop the art of layering and loose waistbands, but summer can be brutally exposing. Former health publishing director Kate Adams may have the answer...the Flat Tummy Club diet. Evening Standard

About the Author

Kate Adams has been immersed in healthy food since an early age - her parents helped to launch the original Vegeburger. Kate has worked in health publishing for 10 years. Her site and blog www.flattummyclub.co.uk now has thousands of visitors.

Users Review

From reader reviews:

Shawn Clay:

The publication with title Flat Tummy Club Diet contains a lot of information that you can find out it. You can get a lot of profit after read this book. This kind of book exist new expertise the information that exist in this publication represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. This particular book will bring you with new era of the glowbal growth. You can read the e-book on your smart phone, so you can read that anywhere you want.

Laura Ide:

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