

[FREE] Bella Younger's Deliciously Stella

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Bella Younger

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Bella Younger : Bella Younger's Deliciously Stella before purchasing it in order to gage whether or not it would be worth my time, and all praised Bella Younger's Deliciously Stella:

Deliciously Stella is the world's latest Instafoodie to take the chia seed-eating yoga-pant-wearing health world by storm. Here she tells all on how to get that elusive glow without breaking sweat and shares the #cleaneating life hacks she swears by to achieve a #strongnotskinny look and a #blessed outlook on life. Deliciously Stella is not your average superfoodie; she would rather turn her pictures upside down than brave a headstand and she thinks that Fruit Pastilles are one of your five-a-day. She's not a chef or a nutritionist, but in this day and age who needs to be? Anything can be a recipe if you put the right filter on it. Her first book is packed full of recipes, words of inspiration and yoga poses to help you #gettheglow in the time it takes you to massage your kale. This book will leave you feeling energised, happy and ready to hashtag your way to health.

Deliciously Stella is genius! You really must see her fab six pack. I've got nothing on her. * Davina McCall, author of Davina's 5 Weeks to Sugar-Free * Bloody brilliant, incredibly funny antidote to social media's more tedious tendencies... She's a one-woman response to the hell of pouty pouty selfies and endless avocado on toast. She skewers everyone else's attempts to look cooler/ prettier/ thinner/ more smug than you, with good spirited, truly entertaining

dispatches from a life spent substituting penny sweets for her five a day. * Polly Vernon, author of Hot Feminist * Genius * Gizzi Erskine, author of Gizzi's Healthy Appetite *About the AuthorBella Younger is a Hackney based comedian who started her viral Instagram hit, Deliciously Stella, as a reaction to the endless shots of people doing yoga on the beach and baking vegetables masquerading as cakes. She was named by Glamour magazine as one of the top eight comedians to see at Edinburgh Fringe 2015 and the Evening Standard named her one of the most influential people in London. @deliciouslystella