

(Read download) The Retox Diet

The Retox Diet

Rohan Candappa

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#18811229 in Books 2004-12-02Original language:English #File Name: 0091897777192 pages | File size: 21.Mb

Rohan Candappa : The Retox Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Retox Diet:

A wickedly funny book about dieting, food and wobbly bits. In a world over stuffed with dieting regimes there is one universal truth. Diets don't work. No doubt you've tried many of them. Mung beans, pans of cabbage soup, lots of potatoes then no potatoes at all but lots of meat. And with each one you've failed miserably to achieve your goals. Result? Depression. Result comfort eating. Result...well we don't need to spell it out to you, but your trousers aren't getting any smaller. But all that is about to change. Because this is the only diet that really works. It's not about rules,

it's about facts. The fact is we're fat bastards because we want to be fat bastards. The artery-clogged heart of this revolutionary philosophy is that it's OK to be fat.' It's simple and it's brilliant. It's another bestselling Rohan Candappa.

About the Author Rohan Candappa is a healthy handful of a man. He lives in London with his wife, two children and double fridge.