



Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You

Eva Orsmond

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What is it that's so magical about 10lbs? If you have a lot of weight to lose, 10lb will really get you on your way to a new you. If you are already slim, 10lbs will take you from 'now' to 'wow'. Not too little, not too much, 10lbs represents the perfect balance between little effort and amazing results. And with Dr Eva, you know you will get results!

Dr Eva has helped thousands of people lose weight through her weightloss clinics and no-nonsense approach on RTÉ's 'Operation Transformation'. Now, with her gorgeous new cookbook and diet plans, Dr Eva puts you in control.

Choose between:

1) **THE FAST WAY:** Lose 10lbs in 3 weeks – perfect for that wedding, holiday, or party that you were invited to at late notice!

2) **THE SLOW WAY:** Lose 10lbs in 12 weeks – for when you have a bit longer and don't feel like working so hard!

Whether you're looking to follow on from Dr Eva's first book, 'The Last Diet', or you are starting afresh, or you're simply looking for more healthy and delicious recipes, this book is for you.

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The experience that you get from Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You is a more deep you digging the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to know but Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You giving you thrill feeling of reading. The article writer conveys their point in specific way that can be understood by means of anyone who read the item because the author of this publication is well-known enough. This specific book also makes your own vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We suggest you for having that Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You instantly.

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