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Want to know how Kareena Kapoor managed to achieve the perfect figure? India's top celebrity fitness guru has worked with the who's who of Bollywood including Kareena, Karishma, Saif, Lisa and Sonali. Now she lets you on her secret -- you can eat anything you want as long as you plan for it. About the Author India's best-loved fitness professional Rujuta Diwekar is the winner of the Best Trainer in India award and the Nutrition Award from the Asian Institute of Gastroenterology. Her educational background in sports science and nutrition, her understanding and practice of yoga and her more than 15 years of experience working with people from all walks of life has come together in this book. In the plethora of diet fads and fears, Rujuta's voice rings loud and clear, urging us to use our common sense and un-complicate the act of eating. With over a decade of experience working with people from all walks of life including Kareena Kapoor, Anil Ambani, Preity Zinta, Karishma

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Don't Lose Your Mind, Lose Your Weight (Tamil) Paperback – 22 Jan 2016 Bibliography

- Dimensions: .0" h x .0" w x .0" l, .86 pounds
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