



The Diet Bible: Use it to Lose it

By Judith Wills

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With 30% of women and 20% of men in the UK on a diet at any given time, there has never been a greater need for a complete and informed guide to dieting. The Diet Bible is the indispensable guide to all there is to know about diet and weight-loss. Part one covers all aspects of weight, diet, body shape and image, health-related diet queries and exercise in a detailed question-and-answer format. Part two is a handy A-Z listing of diet products, methods and programmes.

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The Diet Bible: Use it to Lose it By Judith Wills Bibliography

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Editorial Review

About the Author

Judith Wills is one of the UK's best-known and most knowledgeable nutrition, diet and fitness experts, with over 2 million books sold world-wide. Her twenty years' experience in the field - over 10 of those as Editor of Slimmer magazine - coupled with her own life as a normal working mother of two give her a unique insight into the average family's concern with diet and health. She writes for many of Britain's top newspapers and magazines, including The Daily Express and The Daily Mail, Slimmer, Woman, Marie Claire and Good Housekeeping. Her many successful books include Quadrille's The Food Bible (which has sold over 230,000 copies). Slim for Life and Six Ways to Lose a Stone in Six Weeks. Judith also broadcasts regularly on television and radio.

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