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Painless Publishing. Paperback. Condition: New. 92 pages. Dimensions: 8.3in. x 5.4in. x 0.5in. Do you need to lose weight fast before a special event or when a holiday is looming? Look no further than this fat busting, waist-shrinking, delicious and satisfying diet to shave inches of your waist, bum and belly in super quick time. The revolutionary 4 day seesaw strategy focuses on ensuring you don't go hungry, bloating and digestive issues become a thing of the past and to ensure...

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- Authored by Fiona Kirk
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