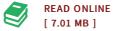


## The Lazy Girl s Guide to Losing Weight and Getting Fit

By A J Rochester

Bolinda Audio, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. A.J. Rochester has always been a lazy girl. She knows how hard it is to lose weight and exercise, and keep inspired about it to boot, especially when she d much rather curl up with some chippies and watch Carson on Queer Eye. After losing a staggering forty-five kilos, and writing about it in her bestseller, Confessions of a Reformed Dieter, hundreds of desperate women wanted to know how she did it. Forget Dr Phil, the clothesline, and Atkins--this is an easy, fun and effective guide for any lazy girl who needs to lose weight and get results that last. The Lazy Girl s Guide to Losing Weight and Getting Fit is a simple, step-by-step program and details the nuts and bolts of how A.J. lost weight and has helped over 200 clients through her 5 Kilo Club at Fernbank Fitness Centre. There s no starvation, no low carb torture, and no weights and measures--A.J. focuses on achievable goals, having fun and loving yourself while you make the biggest changes in your life.



## Reviews

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

## -- Lonzo Wilderman

Very good electronic book and valuable one. It is actually writter in basic words instead of difficult to understand. I discovered this ebook from my i and dad encouraged this publication to discover. -- Prof. Jevon Frami