



## 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.



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### Reviews

*Comprehensive guideline! Its such a good read through. It is actually written 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 written in basic words instead of difficult to understand. I discovered this ebook from my i and dad encouraged this publication to discover.*

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