



## **Do-able Diet: I lost half my body weight without giving up the foods I love. Now you can too!**

*Barbara Winhurst*

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# Do-able Diet: I lost half my body weight without giving up the foods I love. Now you can too!

*Barbara Wimhurst*

**Do-able Diet: I lost half my body weight without giving up the foods I love. Now you can too!** Barbara Wimhurst

Tells how an ordinary young Australian woman single-handedly transformed herself from a 'fat chick' into a 'hot chick' by developing an astonishingly simple weight-loss plan.

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