



Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You

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What is it that's so magical about 10lbs? If you have a lot of weight to lose, 10lb will really get you on your way to a new you. If you are already slim, 10lbs will take you from 'now' to 'wow'. Not too little, not too much, 10lbs represents the perfect balance between little effort and amazing results. And with Dr Eva, you know you will get results!

Dr Eva has helped thousands of people lose weight through her weightloss clinics and no-nonsense approach on RTÉ's 'Operation Transformation'. Now, with her gorgeous new cookbook and diet plans, Dr Eva puts you in control.

Choose between:

1) **THE FAST WAY:** Lose 10lbs in 3 weeks – perfect for that wedding, holiday, or party that you were invited to at late notice!

2) **THE SLOW WAY:** Lose 10lbs in 12 weeks – for when you have a bit longer and don't feel like working so hard!

Whether you're looking to follow on from Dr Eva's first book, 'The Last Diet', or you are starting afresh, or you're simply looking for more healthy and delicious recipes, this book is for you.

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