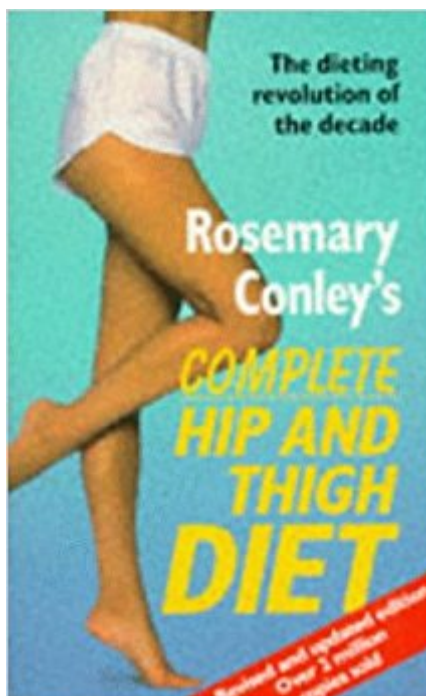




The book was found

Rosemary Conley's Complete Hip And Thigh Diet



Synopsis

As thousand of successful slimmers have testified, the Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat-charts, and a new programme of exercises for the hips and thighs, dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy!

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Customer Reviews

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I tried this diet in the 1990s and it absolutely worked for me. After many years of moving around, I

lost my original book so I had to order another one, because I knew this diet was the only successful method I have ever had of losing weight effortlessly. It is so easy to follow because a lot of the foods you can choose to eat have unlimited quantities, so you never go hungry - plus all the food choices are normal, basic pantry style food. It also gives easy options for packed lunches for work or school. I didn't exercise and still lost weight. This is the only diet I ever follow whenever my weight fluctuates back up. It is easy and it really does work.

Back in the mid 1980s, I was living in nurses accommodation, this book hit the market to great fanfare. Practically every nurse in the place bought it and started following Rosemary Conleys advice. They all loved it, me too because it works. Of course, like any eating plan for weight loss, you actually have to do it! However, once you read the advice and get to know the recipes it truly works. Basically it is a very low fat plan, but the recipes are tasty and filling, my favourite snack/lunch would have to be chopped veggies in a special yoghurt sauce. Though not a vegetarian some of the main V. meals are easy, tasty and filling and there are plenty of meat recipes too. Ms. Conley also provides an exercise regimen, can't say I did that but by following the eating plan I soon lost the pounds. In the introduction Ms. Conley explains how she came to devise this diet, and that in itself is interesting and convincing reading. This book is an updated version of the original containing a few testimonials from successful dieters. Highly recommended. This book is my own purchased copy

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