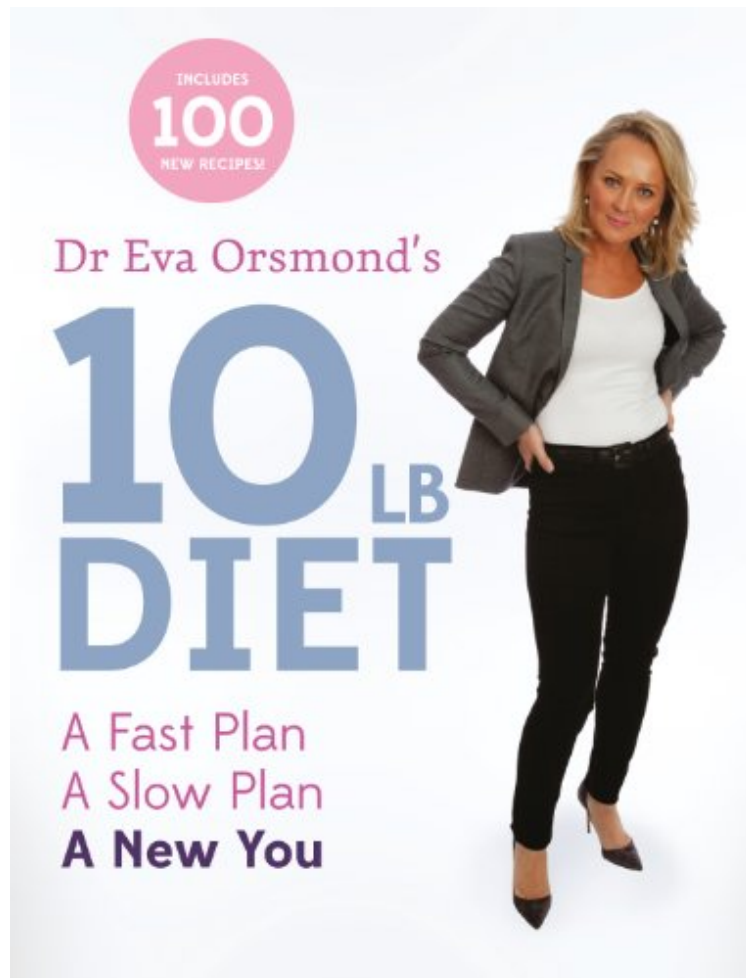


Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You

Eva Orsmond

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Eva Orsmond : Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr Eva Orsmond's 10lb Diet: A Fast Plan, A Slow Plan, A New You:

0 of 0 people found the following review helpful. CookbookBy Kindle Customerthis "diet" book is more of a cookbook full of recipes than a step by step diet. I am disappointed in this purchase.0 of 0 people found the following review helpful. Found it a little confusingBy alexisWhat I found confusing was some of the ingredients with which I wasn't familiar with but overall it is okay and has some ideas.0 of 0 people found the following review helpful. Recipe bookBy Evelyn CrottyDidn't know it was all recipes. Would have liked more motivational reading !!! Not easy to get some ingredients either.

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 RTE'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.

'Eva has been a force in the fight against obesity in Ireland for many years now, and it is hardly surprising that her book *The Last Diet* should be something special. It not only combines her enthusiasm for the subject of weight loss, it provides a wondrous overview encompassing the full spectrum from the scientific through the medical, to the very recipes required. It will be a great resource to anyone who is interested in their own health, or the health of their families.' --Dr Conor O'Toole, Slievemore Clinic

About the Author Dr Eva Orsmond, MD MPH is a medical doctor with a special interest in weight management and the treatment of overweight and obesity in adults and children. She has appeared for a number of years on RTE's hugely popular *Operation Transformation*. Her first book, *The Last Diet*, was a No.1 bestseller. She is a regular contributor to a number of publications, including the *Irish Daily Mail*. She lives in Wicklow with her husband, two sons and three dogs.