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Little, Brown Book Group, United Kingdom, 2012. Hardback. Book Condition: New. 198 x 134 mm. Language: English . Brand New Book. This is an inspirational diet book with a difference. It is a non-diet book - with no restrictions, point-counting, calorie-watching or danger foods. Instead, THE LITTLE BOOK OF DIET HELP is a pocket-sized guide full of tried and tested practical tips and tricks that restrictive diet plans cannot compete with. Author Kimberly Willis focuses on you, rather than the...

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- Authored by Kimberly Willis
- Released at 2012



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