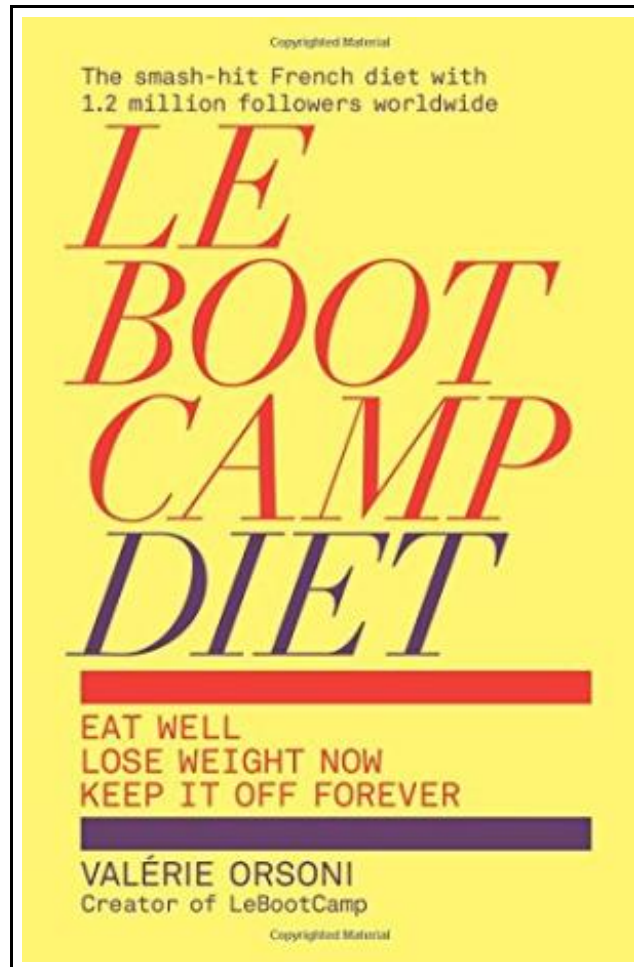


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(Prof. Antone Olson II)*

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Quadrille Publishing Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Born and raised in Corsica, Valerie Orsoni was overweight as a young adult. Along with her father, a chef, who also suffered from weight issues, she developed a programme of healthy living and eating where food itself - in the form of delicious, balanced recipes and detailed menu plans - played a central role in reducing body fat. was a runaway global success and her book *La Methode Orsoni*, became a bestseller in France. With a highly motivational coaching style, *LeBootCamp Diet* speaks to women - and men - who are short on time, disillusioned by toxic mono-diets, and unwilling to sign up to a life of tasteless meals and forbidden foods. Through three distinct phases (Detox, Attack and Maintenance), Valerie shows how to cleanse the body of toxins; attack stubborn body fat and cellulite; speed up the process of weight - loss when needed, and, finally, adapt permanently to a lifestyle where the weight stays off, the body is toned and energy soars.

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