



The Grumpy Dieter s Handbook (Hardback)

By Ivor Grump

PAVILION BOOKS, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. The latest diet sweeping the nation is the 5:2 Fasting Diet, where people are cheerful for five days of the week and grumpy for the other two. The Grumpy Dieter s Handbook tackles the phenomenon of the 5:2 and almost all of the best-selling diets of the last twenty years; the Cambridge, F-Plan, Atkins, Dukan, South Beach and many more. It hands out advice on how to recognise a 5:2 dieter, what they should do on their fast days and what you can do to irritate them. You will find a host of (un)helpful tips, get introduced to the `Ceremony of the Scales and learn about alternative diets, such as the Tramp s Diet and the Father Ted. Plus you will discover the worst fad diets of all time, from Lord Byron s dieting advice for ladies to cotton wool balls for lunch.



READ ONLINE
[8.05 MB]

Reviews

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

-- **Mrs. Phoebe Schimmel**

Certainly, this is the greatest work by any author. It can be writter in easy words and phrases rather than confusing. I am just happy to let you know that this is actually the greatest ebook we have study inside my individual daily life and may be he greatest ebook for at any time.

-- **Trent Monahan**