

# Descargar libros The Louise Parker Method: Lean for Life gratis (PDF | ePub | Mobi) Louise Parker DG Media



**THE MUCH-ANTICIPATED FOLLOW-UP TO THE SUNDAY TIMES BESTSELLER THE LOUISE PARKER METHOD: LEAN FOR LIFE**

**This year, start a new you eating plan you can maintain for life. Louise Parker shows you how the A-Listers do it.**

Don't be fooled by vague promises of organic 'clean' eating. Teach yourself to **EAT BEAUTIFULLY** and **EAT LEAN** and **TRANSFORM YOUR BODY FOREVER.**

This cookbook not only contains **over 120 fuss-free recipes**; it arms you with the knowledge to create hundreds of variations so you will never get bored.

**Praise for *Lean for Life*:**

*'Louise is the only one out there I trust - she's not holier than thou, yet somehow miraculously gets my reluctant arse into gear and sometimes even keeps it there. I love that her method is NOT a diet - and is genuinely sustainable - so I can have my glass of wine and manage to avoid spending the rest of the week eating cheesy wotsits. She toughens me up without driving me round the bend with kale juice and the more depressing style of sprout. She just gets it. We all use her, because she's discreet and funny and that's really important'* - **Emma Thompson**

*'Louise Parker, AKA the figure magician, has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.'* - **Glamour**

*'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.'* - **Good Housekeeping**

*'Clever, kind and committed to getting you the best body possible. Louise Parker really does think of everything.'* - **Tatler**

*'Quite simply the most intelligent weight-loss programme out there.'* - **Independent**

**Title** : The Louise Parker Method: Lean for Life  
**Author** : Louise Parker  
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