

This Is Not a Diet Book: A User's Guide to Eating Well

author: Bee Wilson

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Synopsis

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~This book can~™t give you a six-pack in seven days or the skin of a supermodel. But I can promise that if you make even a few of these adjustments, your eating life will alter for the better in ways that you can sustain.™

This Is Not A Diet Book is a collection of calm, practical tips and ideas on healthier, happier eating from award-winning food writer Bee Wilson.

From unsweetening your palate to rethinking the lunchtime sandwich, *This Is Not A Diet Book* gathers together some of the wisest, most constructive advice for feeding you and your family.

Reader's comments

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