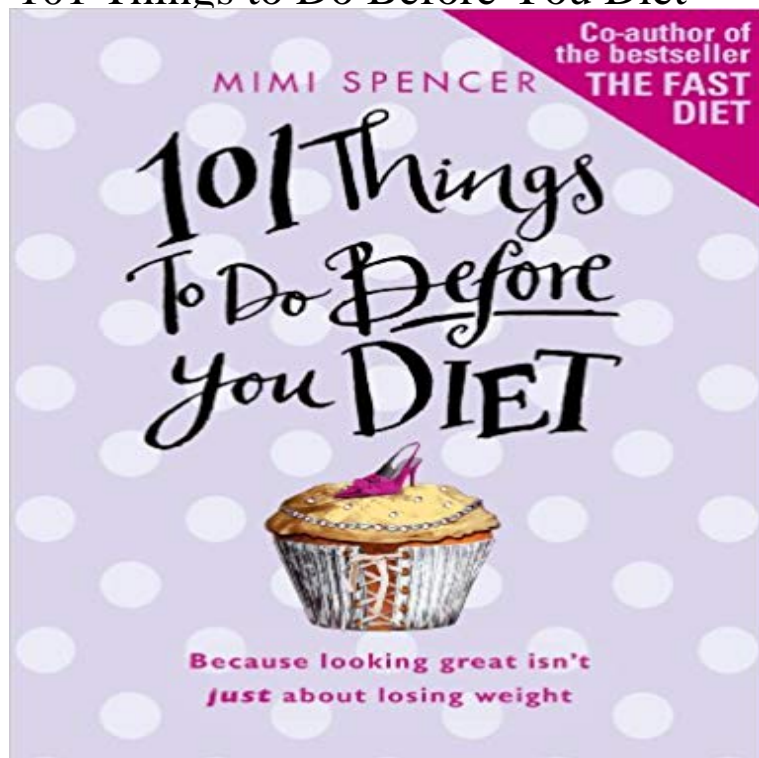


101 Things to Do Before You Diet



From the co-author (with Michael Mosley) of the bestselling *The Fast Diet*, a feel-good, fun book that reveals the secrets that will make a difference to how you look and feel about yourself. Because looking great isn't just about losing weight! Ways to eat, ways to cheat. What to wear, what to ditch. This sassy, funny and practical book by style guru Mimi Spencer includes how to find the perfect jeans; fix your fattening habits; avoid calorie ambush; and learn to give good photo. It also reveals the secrets of solution lingerie; and why you need one diet dress. Mimi will help you make the most of what you've got, and see that the woman you are now is just as fabulous as the woman you want to be. Like your ideal best friend, she'll help you release your thinner self without all the depressing self-denial, guilty weigh-ins and tyranny of faddy food plans.

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