



The Thing About Calories

Liz Babbs

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The Thing About Calories Liz Babbs

This book takes a good look at some of the issues and misconceptions surrounding eating and dieting. Light-hearted commentary, quotes from celebrities such as Nigella Lawson, Delia Smith, Dawn French, and Rosemary Conley, and lively cartoons combine with practical tips to produce a book that is both entertaining and helpful.

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