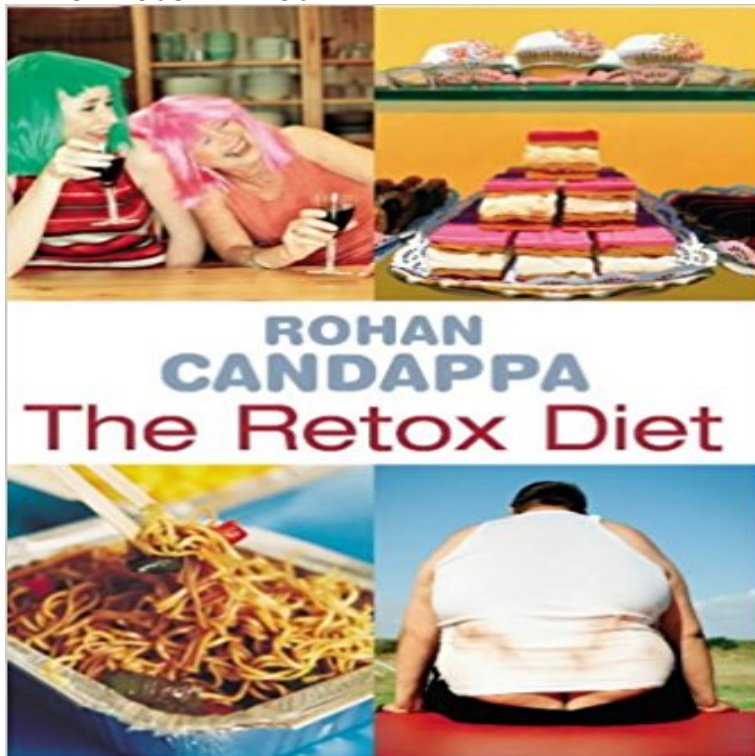


The Retox Diet



A wickedly funny book about dieting, food and wobbly bits. In a world over stuffed with dieting regimes there is one universal truth. Diets dont work. No doubt youve tried many of them. Mung beans, pans of cabbage soup, lots of potatoes then no potatoes at all but lots of meat. And with each one youve failed miserably to achieve your goals. Result? Depression. Result comfort eating. Result...well we dont need to spell it out to you, but your trousers arent getting any smaller. But all that is about to change. Because this is the only diet that really works. Its not about rules, its about facts. The fact is were fat bastards because we want to be fat bastards. The artery-clogged heart of this revolutionary philosophy is that its OK to be fat. Its simple and its brilliant. Its another bestselling Rohan Candappa.

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