



Lighten Up: Healthy, Happy and possibly skinny, without obsession, deprivation or pretending to like Green Juice!

Colette Maat

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Lighten Up is quirky, honest, direct and often provides humorous 'food for thought'. It takes the complication out of what it means to live a healthy life, without the frustration of yet another fad, craze or soul-destroying 'diet'. This book provides you with an everyday approach to being healthy, staying healthy and keeping your waistline in check without obsessing, depriving or joining the green juice culture.

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