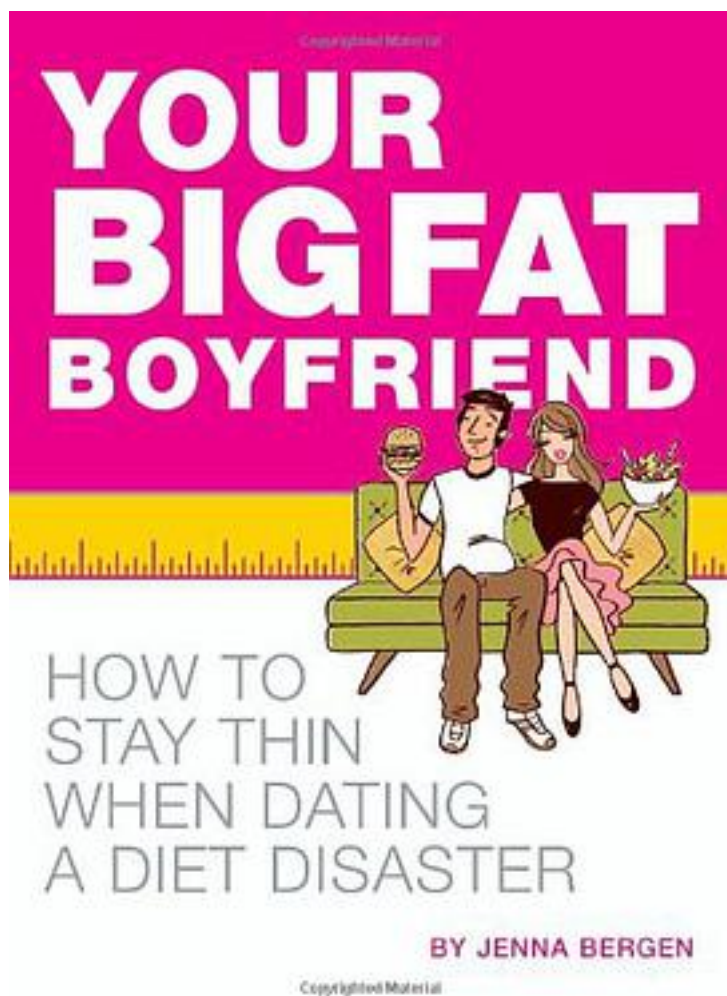


Your Big Fat Boyfriend



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出版者:

出版时间:2008-11

装帧:

isbn:9781594742903

Gaining weight is every woman's worst nightmare and your big fat boyfriend may be to

blame! Studies have shown that when a woman is in a relationship, she almost always gains weight. In *Your Big Fat Boyfriend*, fitness expert Jenna Bergen explores why this phenomenon happens and how a woman can combat it without alienating her sweetie.

Readers will discover:

The differences in male and female metabolisms and why you can't eat like he does

How to eat healthful meals when dining at not-so-healthy places

Creative date ideas that will keep you and your guy active

Good-for-him (and you!) recipes that taste great and won't leave your guy hungry

And more! Complete with humorous first-person accounts, quizzes, and fun sidebars and charts, *Your Big Fat Boyfriend* will strike a chord with any girl who's ever dated a diet disaster.

作者介绍:

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