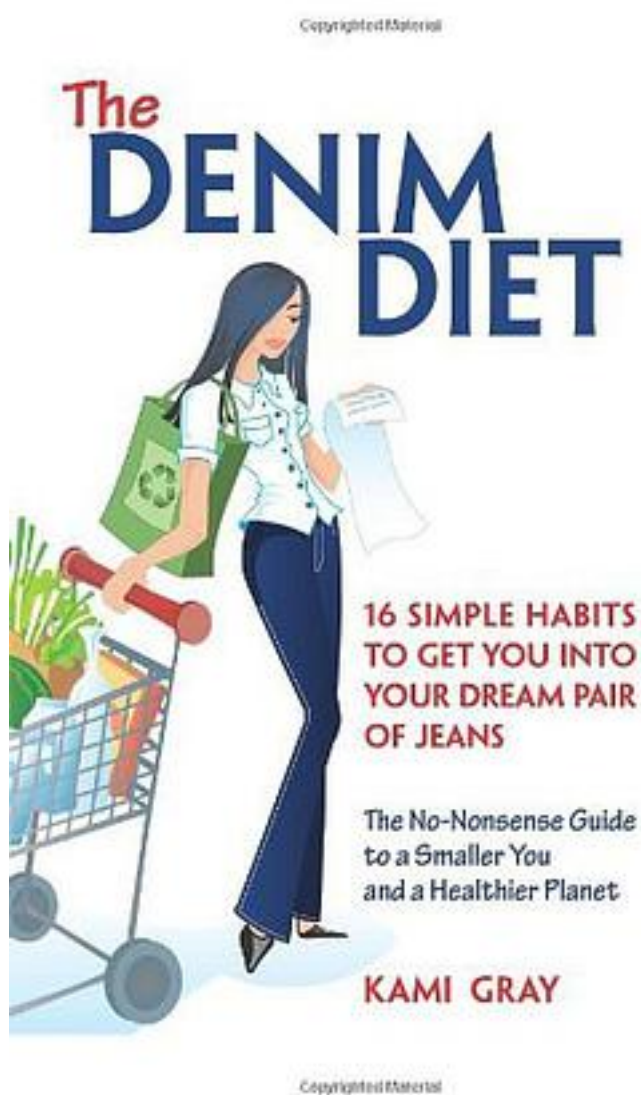


The Denim Diet



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著者:Gray, Kami

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Wardrobe stylist Kami Gray doesn't trust her bathroom scale but says a pair of jeans will never lie. Kami ought to know. She's spent twenty-two years cultivating a way of eating that makes sure her favorite jeans will always fit. In The Denim Diet , she presents her fun, no-nonsense blueprint for healthy eating in sixteen easy-to-remember habits to make and habits to break.

The Denim Diet takes the best of all the diets you've tried and turns them into a simple, yes-or-no approach you can actually follow. With hilarious real-life stories, gourmet recipes, and an infectious positive attitude, Kami will help you lose weight, get energized, and stay healthy without yo-yo dieting, gimmicks, starving yourself, or obsessing over daily weigh-ins.

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