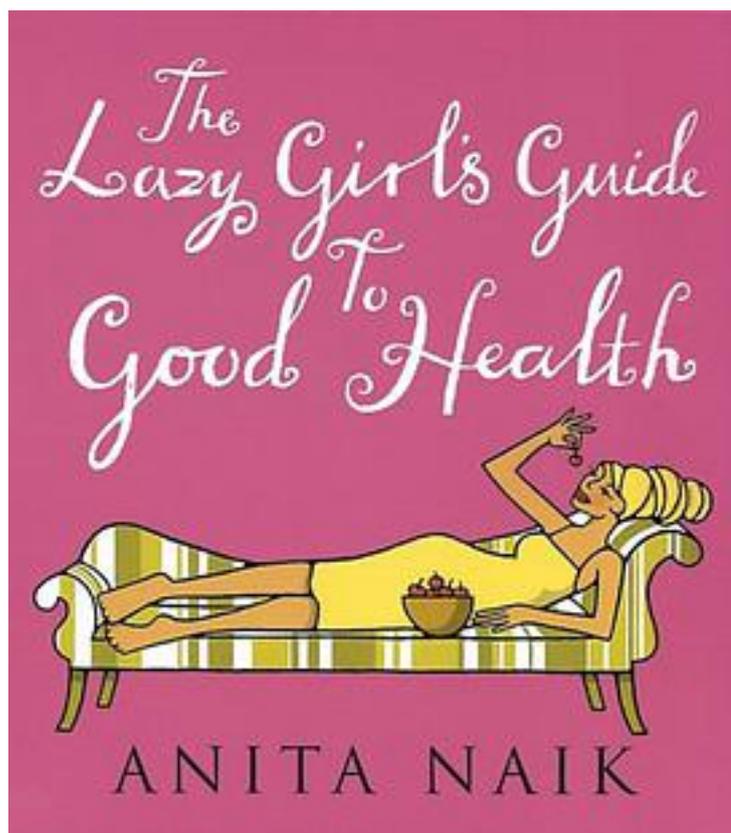


The Lazy Girl's Guide to Good Health



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Did you know that just 20 minutes of exercise three times a week could totally change your life? And did you know that 30 minutes of morning sex is worth an hour in the afternoon in terms of boosting your metabolic rate and burning fat? The Lazy Girl's Guide to Good Health is an instant guide to staying becoming and staying healthy. It doesn't make promises to transform the reader into a supermodel but it will make them feel better, give them more energy and help them to live the way they want. In a

non-medical, authoritative yet entertaining way, this book offers instant workable health solutions such as cures for: * hangovers and sex problems * bad skin and PMS * fatigue and depression * diet and sleep problems * and general everyday hassles that get lazy girls down. As well as offering short-term practical solutions, the book provides long-term health pointers in an easy, humorous manner. The Lazy Girl's Guide to Good Health is the essential guide for girls who know they need to improve aspects of their life and health, but, being lazy, don't want to change their lives in any major way.

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