



The Little Book of Big Weight Loss (Paperback)

By Bernadette Fisers

Touchstone Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Food Rules meets Skinny Bitch in this fun, accessible guide to radical and sustainable weight loss--based on a set of thirty-one food and lifestyle rules for everyone sick and tired of diet failure and confused by conflicting advice and complicated regimens. Successful hair and makeup artist Bernadette Fisers had struggled with her weight for years. She tried and failed many diets, but her life took a turn when she was forced to face a harsh reality: her weight crept up to 287 pounds and she had a BMI reading of forty-two. Pre-diabetic and diagnosed as morbidly obese with a fatty liver and high blood pressure, Bernadette decided that it was the time to ditch the fad diets and take matters into her own hands to turn her life around. She began asking those she knew well--the glamorous models she worked with--learning about their healthy eating habits and their tips on staying trim. She further researched medical reports and nutrition papers until finally--by trial, error, and a lot of experimentation--she created a healthy lifestyle plan that was quick to read, easy to understand, and, most importantly, worked long...



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