

# 《101 Things to Do Bef》

## 图书基本信息

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## 内容概要

Ways to eat, ways to cheat. What to wear, what to ditch. Discover the secrets that really will make a difference to the way you look and feel about yourself. If you think it 's time to free yourself from the tyranny of thin, this sassy, funny and practical book by style guru Mimi Spencer is for you. Like your ideal best friend, she ' ll help you release your thinner self without all the depressing self-denial, guilty weigh-ins and faddy food plans of conventional diets. Mimi will help you make the most of what you ' ve got, and see that the woman you are now is just as fabulous as the woman you want to be.

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