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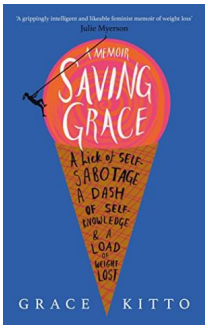

September Publishing, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Twelve years ago, Grace Kitto was a successful TV producer, wife and mother. She was also clinically obese and on the path to Type 2 diabetes. Until one day when she left work determined to stick to one of her serial diets, but soon found herself eating an ice cream, as if on autopilot. It sparked an epiphany - she realised the solution to her many...

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