



# **The New Five Days to a Flatter Stomach: Beat the Bulge and Banish Bloating**

*Monica Grenfell*

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## **The New Five Days to a Flatter Stomach: Beat the Bulge and Banish Bloating** Monica Grenfell

In five days Monica Grenfell will give you the flat stomach you've always dreamed of. Whether you're forever on diets that just don't work, or can't shift that awful bloated feeling - The New Five Days to a Flatter Stomach will help you shed those extra inches through understanding and banishing the bloat, improving your muscle tone and reducing fat. Renowned for her straightforward no-nonsense style, Monica cuts through diet myths to explain how our attitude towards eating has drastically changed over the years and help readers understand that food is not the enemy. The affordable and incredibly easy five day plan comes with a simple maintenance diet for the future and recipes the whole family can enjoy. Read the real-life stories of women who followed the plan and were thrilled by the results. 'Monica Grenfell will change your life forever' Daily Mirror 'Monica Grenfell has, if her book and fitness video sales are anything to go by, helped thousands to lose weight' Sunday Times

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