



The Champagne Diet: Eat, Drink, and Celebrate Your Way to a Healthy Mind and Body!

Cara Alwill Leyba

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This book is for the woman who wants to feel good about herself and her body, and learn how to start incorporating healthy habits into her life. It's for the woman who doesn't want to trade in her champagne for skinny jeans. It's for the woman who is done with dieting, and ready to start paying attention to her health before that number on the scale. It's for the woman who is ready to stop letting her weight define her, and is ready to understand why it always did. This is not a diet book. This is a lifestyle guide. This book will change the way you view your weight and yourself forever. You will walk away feeling empowered, inspired, and downright sexy (and probably craving a glass of bubbly). You will learn how to celebrate yourself and your body. You will learn to make your health a priority, always. And most importantly – you will learn to love yourself, exactly as you are. So get ready to embark on a complete dieting and lifestyle overhaul, sister. You are now on The Champagne Diet! "The Champagne Diet will resonate with every woman with it's realistic and simple approach to dieting. Alwill delivers a personal, relatable, and funny guide to shedding pounds without deprivation." - Kim Barnouin Co-Author, Skinny Bitch

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