



Don't Lose Your Mind, Lose Your Weight

By Rujuta Diwekar

Ebury Press, Noida, 2009. Soft cover. Book Condition: New. 20 cms. 288pp. Rujuta has not just changed my body but also my mind and soul. She is the best thing to have happened to my life! Kareena Kapoor Want to know how Kareena Kapoor managed to achieve the perfect figure? Let Rujuta Diwekar tell you how. India's top celebrity fitness guru has worked with the who's who of Bollywood including Kareena, Karishma, Saif, Lisa and Sonali. Now she lets you in on her secret?you can eat anything you want just as long as you plan for it. No crash dieting, no carb deprivation, no unbidden cravings. Rujuta teaches you the three simple steps to dieting heaven: learn about your body, create the right plan for it, and slowly adjust your food habits. What's more, she even lets you in on Bebo's secret, in a special chapter on how exactly our favourite heroine got that phenomenally fit bikini bod for Tashan. So whether you're apple or pear-shaped, soon you'll be eating all you want? including those irresistible parathas?and still shedding those kilos. Don't Lose Your Mind, Lose Your Weight is the ultimate diet for daily life. It's worked for the stars?now make...



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