

An illustration of a woman with long dark hair, wearing a grey long-sleeved top and grey pants, sitting on the floor in a meditative pose. She is looking to her right. Surrounding her are various food items: a head of green lettuce to her left, a bunch of green leafy vegetables to her right, a large red tomato to her right, a glass of red juice and a small tomato to her right, and a bowl of fruit (apple, banana, orange) to her left. The title 'THE SLIMMERS'S HANDBOOK' is written in large, bold, pink letters with a white outline, positioned above her head. Below the title, the subtitle 'A COMPLETE GUIDE TO OBESITY RECOVERY' is written in bold, blue letters with a white outline, positioned over her torso.

THE SLIMMERS'S HANDBOOK

**A COMPLETE
GUIDE TO OBESITY
RECOVERY**

Slimmers Handbook The Brockhampton Library

JR Anderson



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A-Z of Slimming John Yudkin, 1981-03-01

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