



5 Days to a Flatter Stomach: Beat the Bulge and Banish Bloating

Monica Grenfell

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Almost everyone would love to have a flatter stomach - and now everyone can. Diet and exercise guru Monica Grenfell gives readers the real skinny on why their stomachs are bulging. From bloating to poor posture, she identifies the most common reasons for less-than-perfect tummies and then offers solutions in this easy-to-follow program, giving readers the low-down on which foods to eat and when, along with exercises to tone the stomach. With photographs of the exercises, along with a 5-day menu plan that includes recipes, this is a fail-safe program that will give readers the real results they want - a flatter stomach in just five days!

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