



Slim for Life

Gillian McKeith

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Slim for Life

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Slim for Life Gillian McKeith

From the bestselling author of *You Are What You Eat*

Slim for Life is more than a diet book—it's a whole new way of thinking about food and health. Drawing on the same expertise that brings Olympic athletes and Hollywood stars to her nutrition clinic in London, Dr. Gillian McKeith lays out a 28-day plan for flushing away bad habits and establishing new eating patterns that will keep you thin and healthy for life. Packed with detailed eating plans, practical tips, relevant nutritional information, strategies for avoiding backtracking, and lush, full- color photographs, *Slim for Life* is the all-in-one road map to a whole new you.

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