



LeBootcamp Diet: The Scientifically-Proven French Method to Eat Well, Lose Weight, and Keep it Off For Good

Valerie Orsoni

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THE INTERNATIONAL BESTSELLER!

Valerie Orsoni's French diet sensation comes to America! Discover the food and fitness plan that's changed over a million lives...delicious recipes included.

DETOX/ATTACK/MAINTENANCE

After a lifetime of insane regimens, weight fluctuations, and feeling utterly demoralized, Valerie Orsoni had enough of the diet scene. She wanted a way to shed pounds, become healthy, and keep to the great French tradition of enjoying food--and enjoying life. The result? A groundbreaking diet plan that, to date, has more than one million members in 38 countries—and counting!

Orsoni's plan, Le Bootcamp, is based on four simple tenets:

- *Gourmet Nutrition*—A long, healthy life can be achieved while eating tasty, tempting meals and snacks from all food groups.
- *Easy Fitness*—A program that will get your heart pumping, your blood flowing, and your muscles moving without having to block hours out of your busy day.
- *Motivation*—Proven techniques to keep you from getting down and help you stay on track.
- *Stress and Sleep Management*—Bringing both the body and mind into harmony to reduce stress, improve sleep quality, and even trim down belly fat.

Getting fit doesn't mean a lifetime of deprivation and misery. With the right tools, any food, activity, and lifestyle can be transformed into a healthy one—and Valerie Orsoni can show you how.

From the Hardcover edition.

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