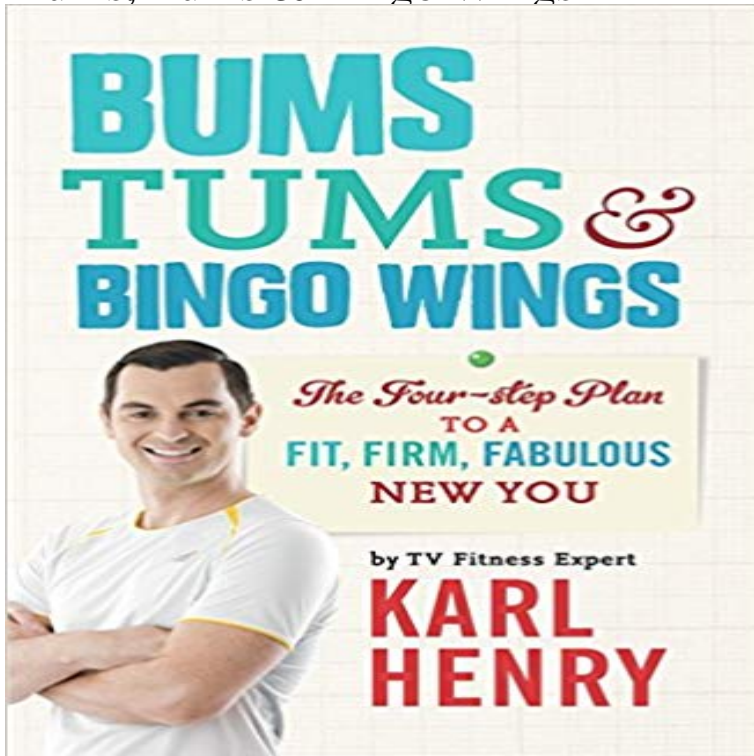


## Bums, Tums & Bingo Wings



Does the thought of giving up carbs fill you with a sense of empty longing? Do you laugh out loud at the notion of strutting your stuff in a bikini? Are you tired of trying the latest quick-fix diet only to fall off the wagon and regain weight? Yet you know that you could do with shedding some pounds and shaping up? If you answer yes to any of the above, then Bums Tums and Bingo Wings is the book for you. Specially devised by TV fitness expert and personal trainer Karl Henry, The BTBW Plan motivates you to get off your ass and implement an exercise routine that won't ruin your life but is guaranteed to produce clear results within four weeks along with a healthy diet that's delicious and satisfying. So why wait? The new you starts here and now fitter, more fabulous and finally fitting the clothes you love.

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