



# The High Fat Diet: How to Lose 10 Lb in 14 Days

By Zana Morris, Helen Foster

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**The High Fat Diet: How to Lose 10 Lb in 14 Days** By Zana Morris, Helen Foster

This groundbreaking new book rewrites the rules of effective weight loss to reveal the real secret to rapid and sustained weight loss: quite simply, to burn fat, you need to eat fat. Over the last 12 years leading trainer Zana Morris has helped thousands of clients get the results they want with her unique diet and exercise plan. Now in this book she makes it available to everyone for the very first time. Backed by the latest science showing that the right fats are healthy and aid weight loss not weight gain, The High Fat Diet presents a unique nutrition plan and a targeted 12-minute, high intensity workout, which together will enable you to get the results you want - and fast! This 14-day diet plan filled with delicious, healthy fats. You'll never feel hungry and will fuel your body with the nutrients it needs to burn fat and shed weight. Includes easy-to-prepare recipes and indulgent meal suggestions. It is an unique 12-minute, high intensity exercise programme you can do in the gym or at home. It includes stylish photographs, tips on technique and answers to common questions. It is a 14-day maintenance plan after completing the initial 14 days to keep you on track. It provides an advice on motivation, visualisation and goal-setting so your mind and body work together. Simple and highly effective, The High Fat Diet will ensure you burn fat, not muscle, as you get rid of your unwanted pounds. It is the only book you need to get the body you want.

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### **Editorial Review**

#### **Review**

"Eat fat, get thin: the new diet rules" Evening Standard

#### **About the Author**

Zana Morris (Author) Zana Morris is currently THE name in fitness. A leading personal trainer, nutritional specialist and yoga teacher, Zana has over 20 years of experience. She is owner and director of The Library gyms, three award-winning health facilities in London, and Zana herself regularly features in the press. The Library won two awards in Tatler's 2014 Best Gyms Guide and was named Best London Fitness Facility of the Year 2014 at the London Lifestyle Awards. Zana's friendly, fun and no-nonsense approach has helped thousands of clients to lose fat and get fit using her unique High Fat Diet/High Intensity Exercise plan.

@TheLibraryGymHelen Foster (Author) Helen Foster is a leading health journalist and author whose award-winning writing has appeared in numerous newspapers and magazines, including Red, the Daily Mail, Glamour and Stylist. @healthehelen

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