



Clean and Lean Flat Tummy Fast!: The Healthy Way to a Totally Toned Tummy in 14 Days, James Duigan, Kyle Cathie Limited, 2011, 1856269876, 9781856269872, 160 pages. Even otherwise slim people can have a flabby tummy, but with the aid of James Duigan you can get rid of that bulge once and for all! Ashe explains, the toxins in many low-fat and so-called "diet" foods can actually make your stomach fatter, plus allergies, stress and lack of sleep can also lead to an unattractive jiggle. In Clean & Lean Flat Tummy Fast! James shows you how to "eat your way" to a flat stomach, with flexible meal plans, recipes and tips on avoiding the cravings that can lead you off track, then how to work off the wobble, with a step-by-step illustrated guide to the best exercises for a totally toned tummy. And for those special occasions when you need results fast, there's James's 6-day Tummy Transformer, the tried and tested technique he uses when his model clients, such as Elle Macpherson and Rosie Huntington-Whiteley, have last-minute photoshoots..

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Who is It? , Disney Book Group,, Sep 14, 2010, Juvenile Nonfiction, 16 pages. This delightful oversized lift the flap board book is sure to surprise baby as she lifts the flaps to discover her favorite Disney characters. Engaging text prompts baby to see

Timechart History of Jewish Civil , Trudy Gold, Meredith MacArdle, Jul 1, 2007, , 35 pages. .

Bees & Bee-keeping , Derek Hall, 2010, , 255 pages. This book is intended to be an introduction to the world of bees and to show the beginner what caring for them involve..

The Supermodel Diet , Rebecca Leah De Vaney, Jun 30, 2004, , 131 pages. Discover the truth about the low-carb hype. Although the book cover and title is an amusing play on words, we assure you the content is not. The content is composed of facts

Exercise Yourself Thin Your One-Stop Guide to a Beautiful Body. Joanna Hall, Joanna Hall, Mar 1, 2009, , 112 pages. .

Get Lean Stay Lean II The Diet Plan For Women, Julian D. Jackson, Apr 30, 2004, , 184 pages. In Julian Jackson's book, Get Lean Stay Lean, the author provides the truth about diet and fitness. In his follow up book, Get Lean Stay Lean II-The Diet Plan for Women, the

An Invitation to Celebrate , Wynn Wheldon, Dec 1, 2003, , 108 pages. .

Size 2 for Life The Rational, Frame-Adjusted Approach to Weight Loss for Women, Ashley Marriott, Marc Paulsen, May 20, 2010, , 270 pages. This is the second edition of the popular new fitness program that can make and keep almost any woman a frame-adjusted size 2. The program is not designed for body builders or

Play, Baby , Susan Amerikaner, Jan 4, 2011, Juvenile Nonfiction, 16 pages. Play Baby is a wonderful hybrid novelty format, created especially for Disney Baby. Comprised of high quality

board and a rattle handle, this format will capture babyÐ²Ð,â,,çs

Clean & Lean Warrior Your Blueprint for a Strong, Lean Body. James Duigan with Maria Lally, James Duigan, Jan 1, 2013, Health & Fitness, 160 pages. This text explains how men can achieve their ideal body shape. It includes chapters that cover why sitting in an office all day is turning men into women, how men can find

Gorilla Food Living and Eating Organic, Vegan, and Raw, Aaron Ash, Nov 27, 2012, Cooking, 208 pages. A collection of high-energy raw vegan recipes from the proprietor of Vancouver's famed Gorilla Foods organic raw vegan cafe..

The Kings and Queens of Europe From Medieval Tyrants to Mad Monarchs, Brenda Ralph Lewis, Nov 1, 2008, , 256 pages. .

Inspector Saito's Small Satori , Janwillem Van De Wetering, Jan 1, 1987, Fiction, 211 pages. Matsuo Saito, the newest inspector in a small Japanese town, brings the logic of Zen to bear in his investigation of diverse crimes, in a collection of East-meets-West stories.

Clean & Lean Diet , James Duigan, Jun 1, 2010, , 160 pages. A body has to be clean before it can be lean and unless you rid your body of toxins you'll never be as slim and sculpted as you'd like. The Clean & Lean Diet shows you how in

How to Get a Flat Stomach in 30 Days , Kevin Sheridan, Oct 17, 2011, , 202 pages. By combining the latest scientific understanding with the author's 20-plus years of experience in the weight loss industry, this book presents a groundbreaking and easy-to

Flat Stomach , Christine Green, Parragon Book Service Limited, Jan 1, 2002, , 32 pages. .

Times Tables Age 5 + 9781405496858 , , , 32 pages. .

Even otherwise slim people can have a flabby tummy, but with the aid of James Duigan you can get rid of that bulge once and for all! As he explains, the toxins in many low-fat and so-called "diet" foods can actually make your stomach fatter, plus allergies, stress and lack of sleep can also lead to an unattractive jiggle. In Clean & Lean Flat Tummy Fast! James shows you how to "eat your way" to a flat stomach, with flexible meal plans, recipes and tips on avoiding the cravings that can lead you off track, then how to work off the wobble, with a step-by-step illustrated guide to the best exercises for a totally toned tummy. And for those special occasions when you need results fast, there’s James’s 6-day Tummy Transformer, the tried and tested technique he uses when his model clients, such as Elle Macpherson and Rosie Huntington-Whiteley, have last-minute photo shoots.

Even with the best diet intentions it is still possible to have a bloated, distended or flabby tummy. As James Duigan explains, the toxins in many low-fat and so-called 'diet' foods actually make your stomach fatter - plus allergies, stress and lack of sleep can also lead to an unattractive bulge. With Clean & Lean Flat Tummy Fast:

'For many women, getting bikini ready means tackling one dreaded area in particular - our tummies. Most of us still think the best way to achieve a washboard stomach is by doing hundreds of sit-ups. Not so, says A-list trainer and body guru James Duigan. James, who sculpts supermodels Elle Macpherson and Rosie Huntington-Whiteley among others, insists there is no 'one size fits all' method for getting a flat belly. Instead, he's identified five key 'tummy types', all of which require a different approach to achieve a successful toning. Once you've identified your type, you can transform it following James' tailor-made plan and get that flat tummy fast.' Femail Magazine, Daily Mail

I like this book. It looks good (I know, I'm so shallow but I do pay more attention if something looks

good) and is realistic and achievable. The eating 'rules' are easy enough to follow and the exercise is realistic - nobody is going to sign up for 45 minutes of cardio and half an hour's weight training 5 days a week but this is something that most people can fit in to their lives without too much trouble. This has a 14 day plan to kick start your new regime and then a maintenance section. It also has a 6 day plan for fast results which he admits is boring and extremely hard work but a lot of models use it as a quick blast prior to a bikini shoot. The whole book is written as though the reader is an intelligent person, living a normal life. You are told why the rules exist and also allowed a cheat meal each week (once you've achieved the tummy you want) but the author also accepts that you are human and says that you should follow the rules as much as you can. I bought this book because having hit the grand old age of 43 I find that I can't eat what ever I want anymore. I'm still slim (size 10) but there are pockets of fat that I'm sure never used to be there so I started trying some of these 'fitness and nutrition' books. None of the others have suited me - silly rules like "no carbs after 6pm cos that's the way celebrities eat", fitness plans that build up to running for an hour 3 times a week and then coming home to do resistance training etc. I can follow this (been doing it for a week and seen a difference) and it appears healthy and reasonable. I fully recommend it.

Flat Tummy Fast gives a good overview of exactly what to do and what to eat to lose weight around your middle. The book reads very quickly and is more photographs than content, but if you're not into in-depth scientific explanations, then this is the guide for you. Personally, I would have liked more text. I like that he doesn't go crazy with the exercise - the focus is on your diet. As far as the advice goes, James emphasizes the harmfulness of sugar which was a wake-up call I really needed. But eating steamed mackerel for breakfast? No thanks. I was also disappointed that the menu in the book doesn't have any carbs, so it's essentially only meat and vegetables. My final complaint is that James recommends his bodyism powders and supplements, but they cost £60 a pop on his website :(

The book is well presented and I fell madly in love with the girl on the cover. She also appears inside which cheered me on to the end. It's quite an energising read, I found the author's enthusiasm and honesty infectious. He talks about the reasons we want a flat tummy which is basically to look good and that gives you a sense that he's not trying to dress it up as something it isn't.

On the positive side the book is easy to read, beautifully photographed and quite inspiring. The recipes are lovely (if unusual for breakfast sometimes) and the advice solid and easily understood. Avoid carbs/sugar/processed food and go organic, homemade and healthy where possible. The food tastes great (I didn't follow the 14 day plan but used the recipes from this and the other two books) and so far I've lost 7lbs in three weeks without feeling as if I'm dieting at all (which really your not - just changing what you eat) My stomach is the flattest its been for ages and I have only done very basic exercises.

I didn't know who James Duigan was, but I discovered an Afterward from Elle MacPherson in the back. Ok, who doesn't know who she is and how good she has always looked? :-D Other signs throughout the book point to the fact that Mr Duigan knows what he's talking about and has for...more Okay, I admit, I bought this because I wanted a way I might be able to lose a few inches off my waist that wasn't time-intensive. A quick flip-through in the store showed he covered nutrition and exercise, so I bought it.

The nutrition guide inside I don't 100% agree with, but he does come out upfront and highlight sugar as the biggest demon. (It's actually nice to see this as a lot of mass-media advice errantly recommends "low-fat" and ignores sugar.) And a lot of the more general advice is genuinely doable, too, by the average person. Things like "one cup of coffee a day" and "no chocolate before bed" and "alcohol doesn't really make you sleep". He also talks about how to help get a full night's sleep.

This also applies to the exercise. The recommended weekly routine is straightforward and uncomplicated, yet is energetic and quite likely actually effective, given Duigan has been running this for years! I don't know because I've only been doing it for a week and haven't been able to do a full cycle yet... but I'm going to persist.

James Duigan runs Bodyism, an exclusive gym in London, and is one of the top personal trainers in the world. He has been transforming bodies and changing lives around the world with incredible success for the past ten years and has a unique ability to get people looking and feeling amazing. His many celebrity clients include Rosie Huntington-Whiteley, Hugh Grant and Elle Macpherson, who says of James: "There is simply no one better in the world."

Chances are you've picked up this book because you're sick to death of lugging around those extra kilos and you want to look and feel better. Maybe you've just had a baby, or the middle-age spread has snuck up on you, or you've lost a lot of weight already but can't get the last five off. Or maybe you are desperate to get into your skinny jeans (or just any jeans!). Whatever the reason, my first question to you is 'Where is this on your list of priorities?' Because I'm here to tell ya, honey, if it ain't high enough on that list, then it ain't gonna happen. Dropping those last kilos must be a high priority.

The good news is that I have trained enough people in my time to know exactly what you need to do to achieve this. In Part 1, I talk about why those last 5 kilos are so stubborn, and why you have been struggling to get them off. Getting your head around the science of what happens to your body and mind is the first step to taking back control. Once you understand why the last 5 kilos are so hard to lose, you'll understand why your old strategies (e.g. skipping meals, playing mind games) never worked, and what you need to do to ensure success.

In Part 2, I give you all the ammo you'll need to drop those last stubborn kilos in just 30 days. This not only includes a day-by-day meal and exercise plan, but also detailed descriptions of my favourite low-calorie recipes and killer exercises. I even give you a weekly shopping list so that you don't need to think, you just have to do. I'm also letting you in on some of my special training secrets (such as 'accelerator days'), which will have you slimming down and shaping up in no time.

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Before I started, I considered myself pretty fit. I go to the gym twice a week, do yoga twice a week and my house is at the top of 92 stairs. Even so, I felt like I'd started boot camp. I hated all the 10-minute fat burner exercises - 20 repetitions of forward lunges, push ups, lunge jumps, squats, triceps dips and burpies.

But one thing I can't dispute is that if you follow his diet and exercise regime, it works. Everything Duigan says made sense to me, including that even with the best diet intentions it's possible to have a bloated or flabby tummy. He says the toxins in many low-fat and so-called diet foods actually make your stomach fatter. Allergies, stress and lack of sleep can also lead to jelly belly. Studies show that the stress hormone cortisol (which we release when we are anxious) causes our bodies to dump fatty deposits all over our tummies and waists.

Eating out and socialising was definitely a challenge. On the two occasions I did get caught without food, restaurant Pravda came to the rescue with grilled fish and a leafy green salad with a side of olive oil. I called ahead as a courtesy because what I wanted wasn't on the menu. We also took our own food to a barbecue and a dinner party - the latter causing our pre-warned hosts much amusement.

While this is a targeted two-week programme aimed at flattening the tummy, Duigan advocates following this way of eating as much as possible - particularly if you want your stomach to remain flat. You are allowed a few additions, like organic yoghurt, blueberries, melon and a small amount of chocolate. The final result, after 14 days, was a loss of 4cm around the waist. Simon and I still have the same stomach measurement, we're just skinnier.

Exercise: Ten-minute fat burner Monday, Wednesday, Friday – lunges, push-ups, lunge

jumps, squats, triceps dips and burpies – 20 reps of each. Fat-burning cardio Tuesday and Thursday – three minutes brisk walking, two minutes jogging, one minute sprinting – repeat eight times. Finish with five minutes brisk walking.

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