



Diet 'til You Die and Finally Live: A simple, inexpensive plan to lose weight. A revolutionary approach to keeping it off.

Alicia Deleray

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Diet 'til You Die and Finally Live: A simple, inexpensive plan to lose weight. A revolutionary approach to keeping it off. Alicia Deleray

Finally!! A short, easy to read, easy to understand, diet book—THAT WORKS! If you're tired of long, complicated diet books that leave you feeling overwhelmed before you even start, here's your answer: Diet 'til You Die and Finally Live! A simple and realistic diet plan—not written by a doctor, dietician, vegan, personal trainer, or movie star. Alicia Deleray has been there. She's a wife and mom who struggled with her own weight for years before finding a way to lose the weight and keep it off for good. Alicia shares her secrets to success with simplicity, clarity and a touch of humor. With her simple and inexpensive diet, you will lose weight; and with her revolutionary approach to weight maintenance, you will finally be able to keep it off forever. Eat, drink and be merry—just diet the next day. Diet 'til you die and finally live!

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