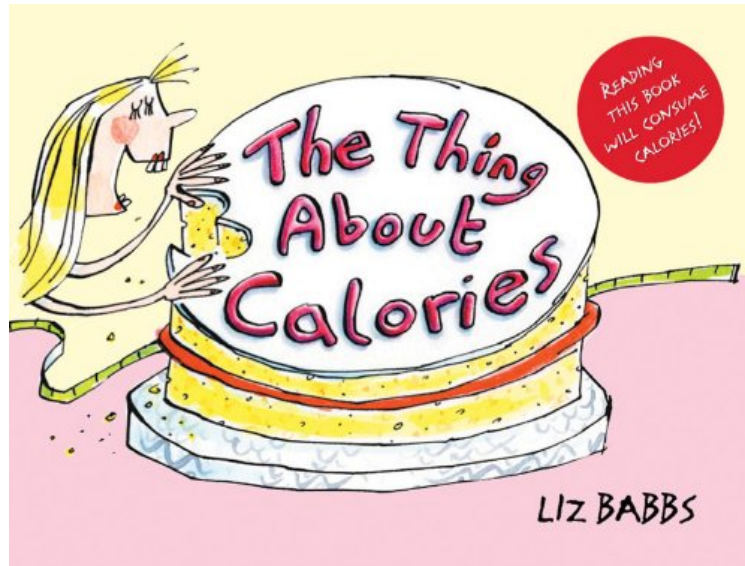


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The Thing About Calories

Liz Babbs

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Liz Babbs : The Thing About Calories before purchasing it in order to gage whether or not it would be worth my time, and all praised The Thing About Calories:

This book takes a good look at some of the issues and misconceptions surrounding eating and dieting. Light-hearted commentary, quotes from celebrities such as Nigella Lawson, Delia Smith, Dawn French, and Rosemary Conley, and lively cartoons combine with practical tips to produce a book that is both entertaining and helpful.

'Anyone who struggles with their weight will love reading this book. It is easy to read, full of wit and wisdom and a great book to dip in and dip out of when you feel the need for a little boost. We can win the weight loss battle and this charming little book will help us to do so.' -- Rosemary ConleyAbout the AuthorLiz Babbs, M.Ed, is an author, performer and broadcaster. A former ME sufferer, she is patron of the charity 'Christians with ME'. Liz has been described as 'an expert in relaxation and meditation' and has led sessions on radio and TV as well as at Waterstone's, Greenbelt and Easter People. Liz writes on issues of health and spirituality and her publications include CDs as well as books. The Thing About Stress (2002) was her first title for Lion.