



Be Body Beautiful: My guide to a healthy, happy new you

Lucy Mecklenburgh

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***Be Body Beautiful* is Lucy Mecklenburgh's first ever diet and fitness book.**

'I'm probably the happiest and most content I've ever been, but I've had to work really hard on my body and on my confidence to get here. This book is my personal journey, but it's also a diet and lifestyle plan that will help you transform your body and live a long, strong, healthy and happy life'

When Lucy Mecklenburgh ditched the junk food and embarked on a journey to get fit, it was the best decision she ever made - the results are clear to see. Now Lucy is on a mission to get every woman looking and feeling her best.

With the help of her nutritionist and personal trainer, Lucy shares the six-week diet and fitness plan that changed her life. Providing a lasting, lifestyle-based approach, this book is grounded in the latest science to help you become 'body beautiful' - because decisions we make about our diet and life impact hugely on how we look and feel.

Discover how to:

- Nourish your body with Lucy's favourite beauty foods
- Energize your exercise routines with home workouts
- Boost confidence with Lucy's top ten tips
- Motivate yourself to make lasting changes
- Break bad habits for good

Be Body Beautiful tells of Lucy's rollercoaster last few years and how she learned to take control of her body and her life. For anyone who wants to transform themselves for good, this book will be a life changing read.

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