



# The Black Book of Hollywood Diet Secrets

*Kym Douglas, Cindy Pearlman*

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**Easy ways to get—and stay—slim from the authors of *The Black Book of Hollywood Beauty Secrets*, and their celebrity sources** How do the stars get so thin? (and how do their trainers keep them that way?) Kym Douglas and Cindy Pearlman are back with exercise tips and eating strategies from a Who's Who of Hollywood beauties. *The Black Book of Hollywood Diet Secrets* takes readers inside the fridges and out to the gyms of the stars, uncovering the daily regimens that keep celebrities like Cameron Diaz, Demi Moore, and Beyoncé Knowles in A-List shape. They'll dish on stars' daily diet plans and tell us how the stars bounce back after baby, stay slim after forty, drop a quick twenty pounds, outsmart a Fat Day, and see fast results from exercise. Kym and Cindy have done it again, from (A)niston to (Z)eta-Jones. **From *The Black Book of Hollywood Diet Secrets*:** \* **Heidi Klum** and **Cindy Crawford** eat a salad dressed with vinegar BEFORE they go out to dinner. The vinegar is an appetite suppressant. \* **Oprah** and **Rachael Ray** drink Wulong Slimming Tea \* **Denise Richards, Jessica Simpson, Heath Ledger, Michelle Williams** all detox with So-Cal cleanse \* **Demi Moore** and **Sharon Stone** eat prunes to ease bloating AND to prevent wrinkles

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#### **Paul Flynn:**

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the actual Mall. How about open as well as read a book allowed The Black Book of Hollywood Diet Secrets? Maybe it is to get best activity for you. You recognize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with the opinion or you have some other opinion?

#### **Armando Mosley:**

In this 21st one hundred year, people become competitive in most way. By being competitive currently, people have do something to make them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Sure, by reading a reserve your ability to survive increase then having chance to remain than other is high. For yourself who want to start reading some sort of book, we give you this specific The Black Book of Hollywood Diet Secrets book as nice and daily reading reserve. Why, because this book is usually more than just a book.

#### **Michael Kendig:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled The Black Book of Hollywood Diet Secrets can be excellent book to read. May be it is usually best activity to you.

#### **Jose Brown:**

What is your hobby? Have you heard which question when you got college students? We believe that that concern was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person just like reading or as looking at become their hobby. You need to understand that reading is very important as well as book as to be the issue. Book is important thing to include you knowledge, except your own teacher or lecturer. You find good news or update in relation to something by book. Many kinds of books that can you choose to adopt be your object. One of them is The Black Book of Hollywood Diet Secrets.

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