



Waist Not; Want Not? (Paperback)

By Pearl Barley

Lulu.com, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Here is the long-awaited sequel from Pearl Barley continuing her rants about her daily dieting struggles, telling it like it is with no frills! Waist Not; Want Not? begs the question, does she want the svelte figure or not? And if so, why is she still finding it so hard? And as if that s not enough, the onset of middle-age brings more than just the sudden random rush of life assurance policy offers through the post, holiday destinations for the Over-50 s, and the inevitable assumption that when it comes to beauty aids, a woman arriving at that particular middle-age milestone only needs a good quality, highly expensive wrinkle-buster face cream. This life, the struggle to get slim and maintain it, the pressure to stay youthful without any obvious artificial aids, and that twinge in the knee that was never there before, take their usual toll. It s like being got-at from all sides. Read it and weep.and, as ever, either roll your eyes or roll on the floor laughing.

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