



Publication date **Thursday, December 26, 2013**

Price **£7.99**

ISBN-13 **9781782432180**

Binding **Paperback**

Format **198 x 129 mm**

Extent **224 pages**

Word Count

Territorial Rights **World**

In-House Editor **Louise Dixon**

## Five Two For a New You The Fast Formula for a Happier, Healthier Life

Janet Menzies

### Description

The Five Two diet method, in which dieters fast for two days and eat normally for the other five, took the world by storm and has blown a breath of fresh air through the dieting world. But why not apply these principles to other areas of life? In this timely book author Janet Menzies invites us to see how Five Two can work in all aspects of our everyday lives - from health and fitness and improving our work/life balance to re-enlivening tired relationships, organizing parenting, even beating the years.

With solid research and sound advice throughout, *Five Two For a New You* will help you restore balance in your home and work life - and bring some relaxation and less stress into even the most frantic day.

### Sales Points

- Rediscover balance and banish stress with this easy method that will transform your everyday life
- Improve your fitness and health; better manage your relationships; get the right work/life balance and sort out your social life - *Five Two For a New You* has it all
- From the publishers of *Latte or Cappuccino?* - 'refreshingly unfussy and surprisingly useful for all our daily dilemmas' (*Star Magazine*)
- The two *Fast Diet* books have sold over half a million copies to date

### Reviews

- 'Will help you balance all aspects of your life - from health to finance' - *Grazia*
- 'Aims to show how the 5:2 method can work in all aspects of our everyday lives, from health and fitness and improving our work/life balance to re-enlivening tired relationships and organising parenting' - *The Bookseller*
- 'Has the keys to cheer you up and keep you motivated to achieve your goals' - *Women's Health*

### Author Biography

Janet Menzies has written widely on health, diet and lifestyle, both as a journalist on the *Daily Mail* and *Daily Express* and as an author and freelance journalist. She is a member of the Guild of Health Writers.

Michael O'Mara.

[www.mombooks.com](http://www.mombooks.com)



9 781782 432180