



## Clean Eating Alice The Body Bible: Feel Fit and Fabulous from the Inside Out

By Alice Liveing

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### Clean Eating Alice The Body Bible: Feel Fit and Fabulous from the Inside Out By Alice Liveing

Alice will inspire you to discover a new way of eating and exercising that banishes low-calorie, yo-yo dieting and shows you the way to a healthier mind and body. This isn't a diet – it's about transforming your lifestyle permanently.

Alice knew that a quick fix wasn't what she was after – what she needed was a permanent lifestyle change. In a world where everything is so instant and we have been conditioned to believe that a diet should have rapid results, we've lost our understanding of how to properly nourish our bodies to achieve long-term, sustainable health and fitness. The Body Bible is your guide to embracing a better way of living that will leave you feeling invigorated.

The Body Bible provides you with over 80 enticing recipes for clean-yet-delicious breakfasts, lunches, dinners and snacks to transform the way you eat and feel. It will also guide you through Alice's easy-to-follow HIIT workouts that can be done anywhere and anytime. This book will show you how to combine a tried and tested food and exercise plan to get the strong body and healthy mindset that will last you a lifetime.

'This book is about looking and feeling great inside and out, you have to be disciplined and dedicated but I promise, you will get out what you put in. It will transform the way that you eat and feel forever.' – Alice, January 2016

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### Editorial Review

#### About the Author

Alice is a pint sized personal trainer with a passion for health and fitness. Having spent the majority of her formative years developing unhealthy habits through trying every diet there was, and gaining weight as a result, she decided to take matters into her own hands. Alice tracked her complete lifestyle change progress through her now hugely successful Instagram blog 'Clean Eating Alice'.

Now a fully qualified personal trainer, Alice wants to bring her message of balance and ditching the diet myths to the masses. The aim is to encourage everyone and anyone to readdress their eating habits and increase their activity levels to create a healthier, happier lifestyle that is ultimately sustainable.

Find Alice posting regular updates of her day to day food and fitness videos on Instagram at [clean\\_eating\\_alice](#), on twitter at [alice\\_LDNM](#) and on Facebook at [/cleaneatingalice](#), where she creates a fuss and fad free approach to diet and exercise.

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