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#### **The Louise Parker Method: Lean for Life: The Cookbook ...**

4 "it's not a diet, but a lifestyle" stars. The Louise Parker Method is not just about nutrition, it covers many other aspects of your lifestyle. The overall aim is to help you develop the healthy habits needed to make the changes and weightloss permanent.

#### **The Louise Parker Method: Lean for Life by Louise Parker**

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#### **Louise Parker Method: Long-Term Weight Loss & Body ...**

The Louise Parker Method is a way of life - a habit or attitude, rather than a diet in the traditional sense. The idea is that you give up yo-yo dieting and change the way you think, move and eat - for life.... The first pillar helps you learn to 'Think Successfully'.

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Train the Louise Parker way, with personal training sessions at home, in our private fitness studios in Harrods or follow our videos. Your metabolism-boosting, energising workouts, from our expert personal trainers will show you how to burn maximum fat and sculpt your body lean.

#### **Life-Changing Weight Loss Programmes | Louise Parker Method**

Louise Parker's writing is as clear and easy as her Method. This is truly a lifestyle to be your best. Her inner/outer circle way of dealing with holidays, celebrations, etc., is a revelation.

#### **Amazon.com: Customer reviews: The Louise Parker Method ...**

The Louise Parker Method is the intelligent, sustainable route to lasting results you'll love. Established by Louise Parker in 2007, our unique approach to health, weight loss and fitness has helped celebrities, CEOs and even royalty to shift stubborn weight, feel great and have a body they love.

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#### **About The Louise Parker Method | Body Transformation ...**

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Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 18,000 people in more than 39 countries have completed a Louise Parker programme.

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