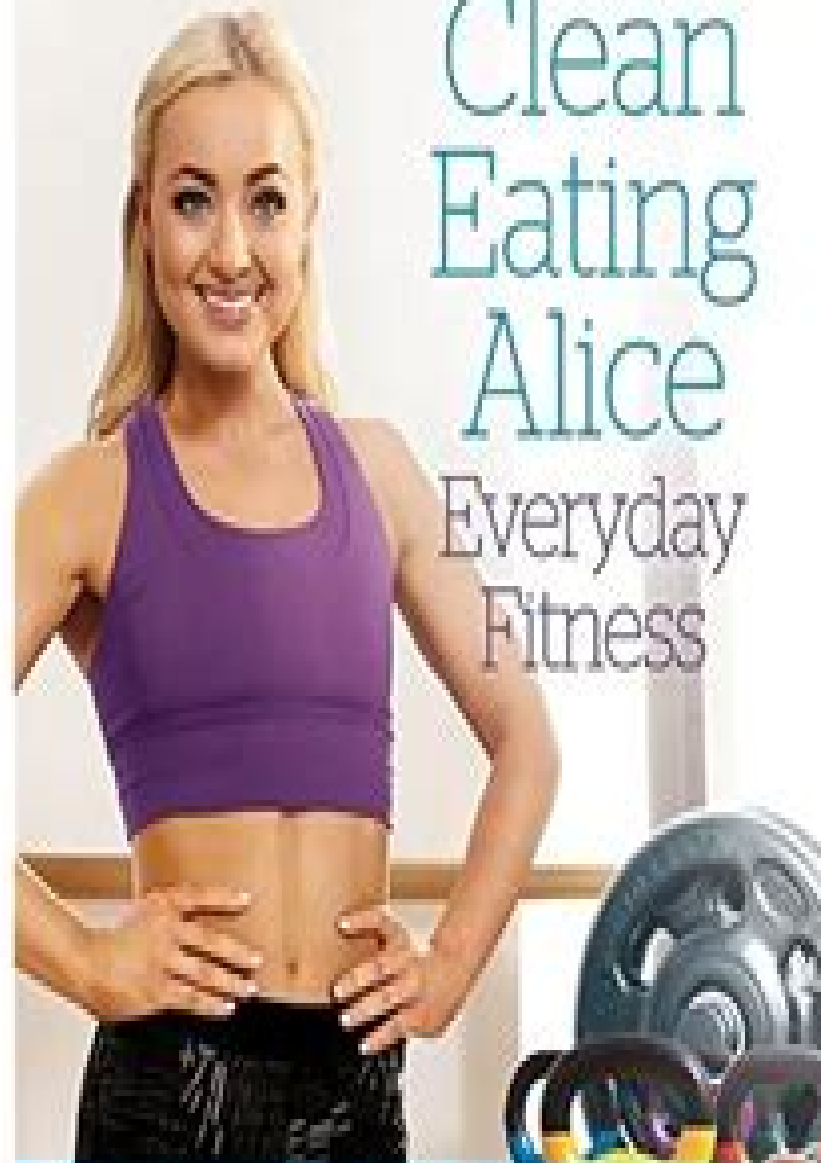


Sunday Times bestselling author of The Body Bible

Clean Eating Alice Everyday Fitness



Train smart, eat well and get the body you love

Clean Eating Alice

Diane Smith



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Give Me Strength Alice Liveing, 2024-07-04 A vital powerful and life affirming memoir stroke manifesto for any woman who has ever struggled to love their body Her voice is important and influential within the fitness space I loved reading Alice s book Grace Victory Such an honest and inspiring book Leanne Hainsby For anyone who has thought that being thinner would make them happier this book is for you In 2017 Alice Liveing known as Clean Eating Alice was the UK s leading personal trainer She had over half a million Instagram followers counted celebrities amongst her clients appeared on the cover of Women s Health and was recognised as the embodiment of health But this was the furthest thing from the truth as in reality Alice s life was being controlled by sustained periods of disordered eating and an addiction to exercise In Give Me Strength Alice shares her story in full for the first time what led to her darkest moments of restriction the ultimatum that forced her to change and how she overcame those demons to find true health happiness and find peace with her body Revealing the four questions she asks herself before working out Why What When

and How Alice shows how us how we can all move in a way that prioritises how we feel over how we look and ditch the idea that being thinner will make us happier for good *Clean Eating Alice Spring Clean Cookbook* Diane Smith,2020-10-11

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