



5:2 Your Life: Get Happy, Healthy and Slim

By Kate Harrison

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5:2 Your Life: Get Happy, Healthy and Slim By Kate Harrison

The six-week plan to get your life back on track

What would you like to change in your life?

More time with friends and family? A more satisfying job? Better health and more energy? A closer connection to the place where you live and a feeling that you make a difference?

We're all so busy that sometimes tackling the changes we know we should make feels daunting, even impossible.

But small changes can make a huge difference. And that's what 5:2 is all about – taking simple steps, on just two days per week, which will have a powerful ripple effect on your whole life. The 5:2 Diet has already transformed the lives of thousands of men and women all over the world.

Now Kate Harrison, bestselling author of *The 5:2 Diet Book* and *The Ultimate 5:2 Recipe Book*, has taken her knowledge and experience to turn the diet into 5:2 Your Life: get happy, get healthy, get slim. An inspiring six-week plan will help you take control of the things that matter most to you, from your relationships, your work, your health, your leisure time and the dreams you've been neglecting. There's even a brand new eating plan to help you lose weight too – with exciting recipes and guidelines on eating the 5:2 way for the rest of your life.

Small changes, big dreams – why 5:2 Your Life is no ordinary ‘self help’ title
5:2 Your Life is packed with ideas, challenges, activities and psychological insights into the most effective ways to help small changes transform your life. As with her other books, Kate Harrison charts the highs and lows of her own 5:2 journey with absolute honesty – and her realistic, humorous approach cuts through the self-help jargon.

The plan includes six weeks of challenges that are personalised to help you identify the areas of your life that need shaking up – and to make the good bits, even better! Each week, there's a different theme – with activities and tasks to help you achieve what you want.

Alternatively, if you have a major goal in mind already, like giving up smoking or changing your career, the DIY 5:2 Option can help you achieve it. Even the busiest person will be able to find enough time to try the enjoyable, energising activities – and 5:2 Your Life also includes a six week eating plan that complements the lifestyle challenges. You can choose to do them together, or separately – it's up to you.

The 5:2 Your Life Plan takes you through a series of activities to help you identify the changes that will benefit you most – and work out how to achieve them. The ideas and tasks are practical and proven, offering creative ways to help you feel happier and healthier. The activities are backed by scientific and psychological research – but they're broken down into manageable chunks that won't make unrealistic demands on your precious time.

The 5:2 Eating Plan has all the information to help you start the 5:2 Diet – along with a set of fresh new recipes for your fast days, plus extra guidance on eating well all week long.

What are you waiting for? It's time to 5:2 Your Life.

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Editorial Review

About the Author

Before becoming a novelist, Kate Harrison worked for a news agency, reporting mainly for the national tabloids. She then moved to the BBC where she was a reporter in regional news in Bristol and Birmingham, producer on *Newsround*, and worked on Panorama and other investigative/consumer shows and documentaries.

Kate is the author of eight novels, including the Secret Shopper series (Orion), and, most recently, *The Boot Camp* (Orion 2012). In 2011, Orion Children's Books published the first of her young adult trilogy, *Soul Beach*.

Kate has written for national newspapers and magazines including the *Telegraph*, *Mail on Sunday*, *Red* and *Cosmopolitan*.

Users Review

From reader reviews:

Katherine Anderson:

Information is provisions for folks to get better life, information these days can get by anyone in everywhere. The information can be a expertise or any news even a problem. What people must be consider when those information which is inside the former life are challenging be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you find the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen inside you if you take 5:2 Your Life: Get Happy, Healthy and Slim as the daily resource information.

Robert Grant:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled 5:2 Your Life: Get Happy, Healthy and Slim can be excellent book to read. May be it can be best activity to you.

Solomon Steward:

Reading a book for being new life style in this yr; every people loves to learn a book. When you study a book you can get a large amount of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your analysis, you can read education books, but if

you want to entertain yourself read a fiction books, these us novel, comics, and also soon. The 5:2 Your Life: Get Happy, Healthy and Slim will give you a new experience in examining a book.

Amy Lewis:

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