

# Till the Fat Lady Slims

## Debbie Flint

*A semi autobiographical weight-loss and lifestyle book by a successful QVC presenter, Debbie Flint.*

*Debbie has previously self published this novel on Kindle with much success. Includes testimonials from her readers.*

**Find out how Debbie broke free from the habits of a lifetime.**

***This book is about my journey – is it like yours?***

In 1998 QVC presenter Debbie Flint found herself more than two stone overweight, under stress and in need of help. Enter Freedom Eating. This natural weight loss method helped Debbie break free from Food Prison and un-learn all the bad habits from a lifetime of 'starting again on Monday'. *Till the Fat Lady Slims* contains some painful secrets which many readers will find all too familiar.

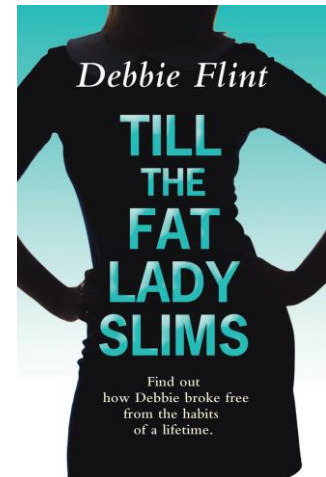
The book also includes material covering the dangers of sugar, information on how to use Debbie's method alongside traditional dieting and many testimonials from successful slimmers. After a tough decade, Debbie has once again taken back control and regained her right to be slim. And so can you. Break out of Food Prison with Freedom Eating!



Debbie is a QVC Home Shopping Channel presenter. She started her career as the first girl in the hot seat on children's BBC TV, replacing Phillip Schofield in the Broom Cupboard. Then she shared a couch with Eamonn Holmes to help launch BBC Daytime TV. Years later, she hosted her own BBC1 game show (Meet The Challenge) and has co-presented and reported on numerous other live magazine and entertainment and news shows. She

is the author of short stories for children's TV (Buena Vista, 'Rise and Shine'), and published a semi-autobiographical weight-loss book called Till The Fat Lady Slims. Her debut with Choc Lit *Take a Chance on Me* reached the final of the top ten 'Best 100 First Words' competition at York Festival.

Debbie lives in Dorking, Surrey and has two grown up children and three feisty Labradors.



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