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MADE: A BOOK OF STYLE, FOOD AND FITNESS



Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Made: A Book of Style, Food and Fitness, Millie Mackintosh, Millie Mackintosh may have always looked like she had the perfect model shape, but a few years ago she found out she was unhealthy. Worse than that she was 'skinny fat'; her body fat percentage was higher than it should be. Used to eating junk food and having never enjoyed exercise, Millie found herself out of shape and doing her body damage....

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- Authored by Millie Mackintosh
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