



## **80% of Brides Want to Lose Weight for Their Wedding Day...** ***New E-Book Shows Them How...***

Media Professional Nicky Skipsey created her own diet plan and lost 3 stone in 12 weeks for her wedding day. Following a conversation with her friend Rachel Lord, who she met through their daughters' nursery, Rachel also lost 2 stone in 8 weeks using Nicky's plan. This is when they decided to write and release the e-book '*The Wedding Dress Diet Plan*' - to help other women lose weight for their special day and, most importantly, to **KEEP THE WEIGHT OFF FOR GOOD.**

The e-book includes a 12-week plan, a list of **readily available foods** suitable for the diet, a sample 7-day meal planner and simple recipe examples to follow with a busy lifestyle.

***Nicky's success story:*** "I lost the weight I wanted in 12 weeks ready for my wedding day by simply following my own diet plan, Other diets never worked for me, this one has. All you need to do is follow this simple diet plan I did. I went from a UK size 14 to size 8. *The Wedding Dress Diet Plan* will help you look and feel your best."

***Rachel's success story:*** "After trying to lose weight for a considerable amount of time, I finally started *The Wedding Dress Diet Plan*, a simple, effective plan that suited my busy lifestyle and gave me quick results daily that motivated me.

Visit [weightlossforyourwedding.com](http://weightlossforyourwedding.com) where you can purchase the e-book and see more success stories!

### **What others say:**

*"This plan seems quite straight forward. I look forward to wearing my bikini for my hen do in Ibiza"* (Gemma, Leicester)

*I've finally found a diet that's easy to follow and works. I've had amazing success and feel a million dollars"* (R.L West Sussex)

*"I am now on my third week of the Wedding Diet ahead of a friend's wedding in the summer. I have finally found a diet that offers results that is safe and healthy. After just three weeks I have lost 12lbs."* (Anna-Louise, Hampshire)

*"Just wanted to say I started the wedding dress diet 2 days ago and have already lost 4lbs feeling really good so thank you. It's so easy to follow and the fact I've already lost 4lbs is just making me feel much more confident and happy and I can't wait to see the end result at the end of the 12 weeks."* (Jenna)



Rachel before and  
< -- after



Nicky before and  
after -- >



# The Wedding Dress Diet Plan

Rachel Lord and Nicky Skipsey

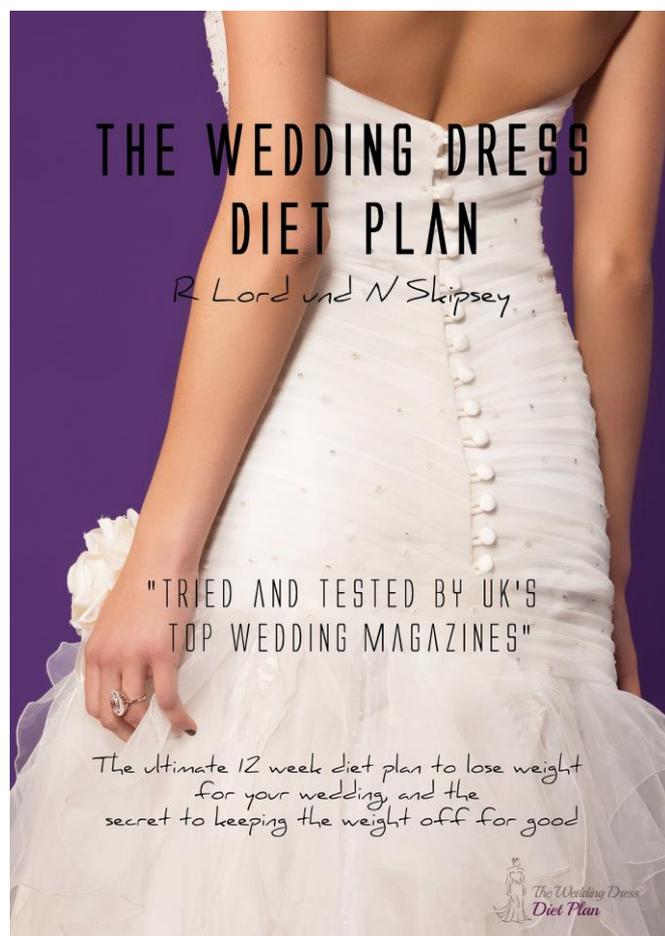
The ultimate 12-week diet plan to lose weight for your wedding, and the secret to keeping the weight off for good.

Tried and tested by real brides and UK's top wedding magazines.

The book includes a 12-week plan, list of foods suitable for the diet, a sample 7-day meal planner and simple recipe examples to follow with a busy lifestyle.

It also includes top tips for weight loss, foods to help boost your diet and motivational tips.

A maintenance plan is included so that you can stay your ideal weight for good.



Visit [weightlossforyourwedding.com](http://weightlossforyourwedding.com)

where you can purchase the e-book and see more success stories!

Available Worldwide

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If you would like a copy of 'The Wedding Dress Diet Plan' to read, review or feature, please contact [Kris Barnes](#) of [Authoramp](#). Rachel and Nicky are also available for interviews and guest blogging.

