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The Boot Camp

By Kate Harrison

Paperback. Book Condition: New. Not Signed; Three women, each with a reason to change their lives. But will they survive the next seven days? From the bestselling author of the Secret Shopper series. How far would YOU go to feel good about yourself? It's New Year and three desperate women begin the toughest week of their lives .No booze, no carbs, no men, no excuses. Steph invents puddings for a living - now the only part of her body she doesn't hate is her wrists. Will she prove to herself - and her ex - that she can change? TV presenter Darcy is living the dream - yet haunted by nightmares of a single night where she made the wrong choice. Can she let go of the past? Mum of three Vicki is under doctor's orders to lose weight - but it's not the only burden she's carrying. Three women, seven days .and one last chance to change their lives for good. book.



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