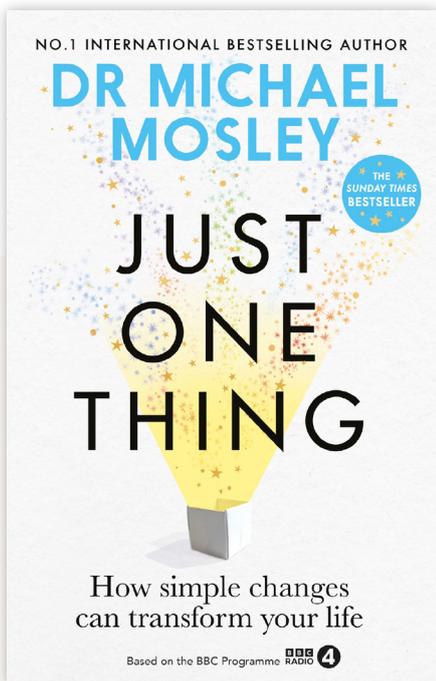


Just One Thing Day - 12th July 2024 In Memory of Dr Michael Mosley

TV doctor Michael Mosley is to be honoured across BBC radio and TV on a dedicated day, with presenters and audiences encouraged to do “just one thing” to improve their wellbeing.



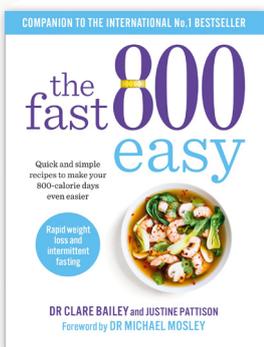
Just One Thing Michael Mosley

9781780725901 | £9.99 | PB

If you were going to do just one thing to transform your health, what would it be? We all want quick and easy ways to improve our health, but when it comes to diet, fitness and wellbeing it can be hard to separate the facts from the fads. And harder still to find changes that fit easily into our daily lives.

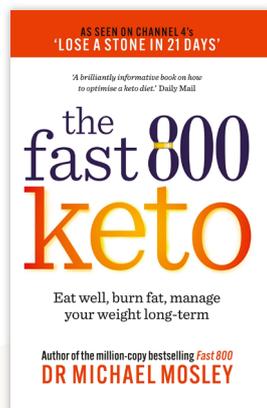
Based on the popular BBC podcast, Just One Thing, this book brings to life Dr Mosley's mission to find things you can introduce into your daily routine which will have a big impact on your mental and physical health.

Did you know that eating chocolate can help your heart, that singing can give you a natural ‘high’ and that having more house plants can improve your mood and boost your productivity? Dr Michael Mosley unearths a range of Just One Things whose impacts are so surprising and intriguing you will be desperate to try them out



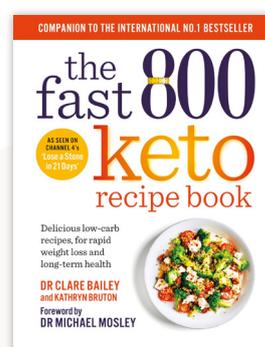
The Fast 800 Easy

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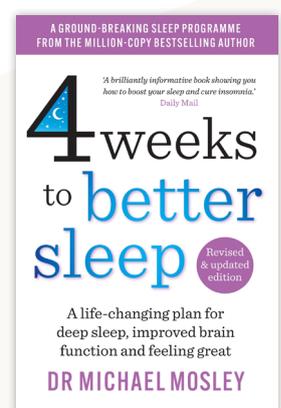
The Fast 800 Keto

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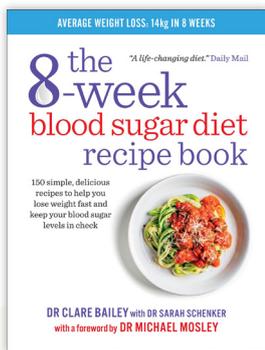
The Fast 800 Keto Recipe Book

9781780725130
£18.99 | PB



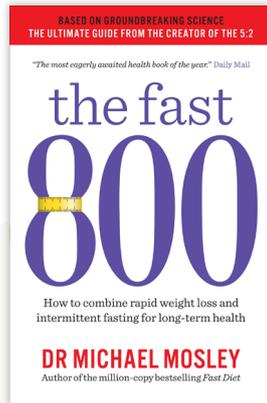
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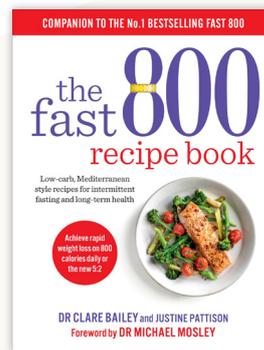
The 8 Week Blood Sugar Diet Recipe Book

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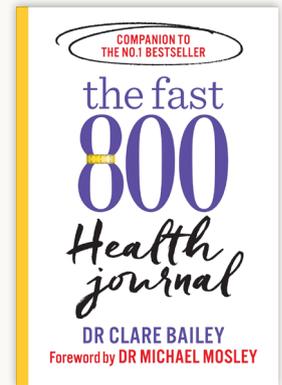
The Fast 800

9781780723624
£10.99 | PB



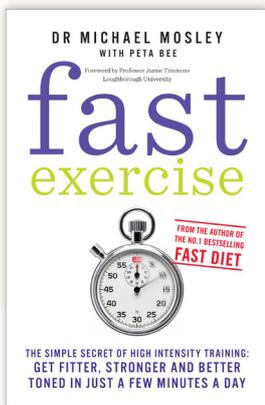
The Fast 800 Recipe Book

9781780724133
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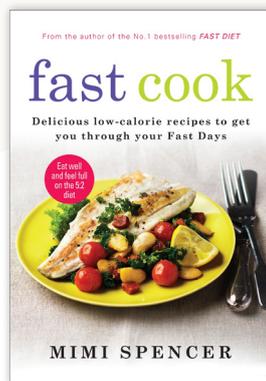
The Fast 800 Health Journal

9781780724164
£9.99 | PB



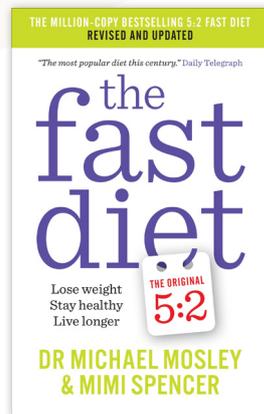
Fast Exercise

9781780721989
£10.99 | PB



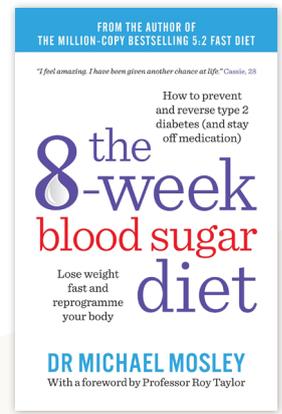
Fast Cook

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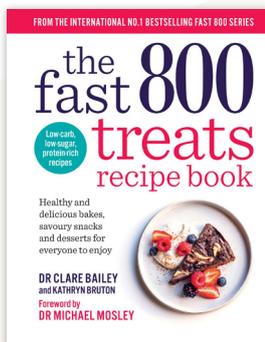
The Fast Diet

9781780722375
£10.99 | PB



The 8 Week Blood Sugar Diet

9781780722405
£10.99 | PB



The Fast 800 Treats Recipe Book

9781780726328
£18.99 | PB

The day will kick off on BBC Radio 4's Today show, which will welcome those who have changed their lives as a result of Mosley's tips.

There will be further features across Woman's Hour, The Food Programme, Front Row, Features on Radio 1, 2 & 6, Morning Live, The One Show and more are expected to be announced.

