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Vous avez une « date » avec un nouveau Jules samedi prochain, vous vous mariez dans un mois, et en tout bien tout honneur, vous n'avez pas envie de ressembler à une baleine sur la plage dans trois mois ? Vous maudissez à juste titre vos quelques kilos empêcheurs de tourner en rond ! Avec ce guide, vous avez un vrai programme pour les perdre en plusieurs semaines (de J - 1 semaine à J - 3 mois, selon que vous vous y prenez à la dernière minute ou que vous êtes organisée).

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