



A Novel Diet: Learn Why You Failed Before & How Not To Fail Again

Nikki Lang MD

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Thirty-two-year-old Cheryl is tired of being overweight, and she's finally gathered the courage to do something about it. But she worries about sacrificing her favorite foods or committing to the latest fad diet only to fail miserably. Sound familiar? Cheryl represents anyone who has struggled to maintain health and sanity while losing weight and offers a voice to everyone engaged in the ongoing battle to take off-and keep off-unwanted pounds. Award-winning physician Nikki Lang, M.D., uses the character of Cheryl to deliver sound and sensible principles, tips, and advice on losing weight and refreshingly easy-to-implement diet, exercise, and lifestyle adjustments that will have you well on your way to better health. In this down-to-earth weight-loss guide, Dr. Lang reveals the surprising answers to these and many other frequently asked questions: How is breakfast vital to shedding pounds? Why do more meals increase weight loss? Why do people who weigh more cook less? How is time management critical to good health? Which types of exercise are crucial for fitness? Don't settle for "miracle" pills, popular celebrity diets, or expensive meal plans. Learn these secrets to changing your weight-and your life-for good!

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