



## The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever

By Keri Glassman, Sarah Mahoney

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With the abundance of conflicting advice out there, it's easy to see why people struggle with dieting. Dieters want clarity, they want to be told what to do. *Women's Health* contributing editor and author of *The O2 Diet* and *The Slim Calm Sexy Diet* Keri Glassman gives readers the be-all-end-all: 8 simple rules to lose the weight for good.

While what we eat is very important (and *The New You and Improved Diet* includes a step-by-step, 8-week meal plan, full of real foods that are nutrient dense and antioxidant rich) ?that's just one part of a successful weight-loss strategy. Keri walks readers through the other all-important rules to get stronger, calmer, healthier, more balanced and yes, *thinner*.

Each rule is connected to and supports the others. The more you sleep, the more energy you have at the gym, the more weight you lose. The more you choose nutrient-dense food, the more focused your workouts become, the deeper you sleep. Using common-sense wisdom and easy, practical application, *The New You and Improved Diet* shows you how to make connections between these rules to totally reset your body's compass. Including a cleanse to jumpstart the diet, detailed menus, recipes, and tons of simple tips to stay on track, Keri walks readers through the only 8 rules they'll ever need to know to find their best body ever.

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### Editorial Review

#### Review

“Keri has a special gift for explaining smart eating habits in a way that sticks to your brain (but never your thighs). Unlike most diet plans, the rules she lays out set you up for success. You never, ever feel deprived or dictated to. Instead, Keri’s ambition is to empower you to look and feel your absolute best by making food your friend, not the enemy. With her genius tips both your mood and waistline will improve?in record time!”  
?Michele Promaulayko, Editor-in-Chief of Women’s Health

“Who doesn't want to be told to *eat more, sleep more* and *have more sex* (!) if you are trying to lose weight? In this book, Keri explains how your lifestyle - not just your diet - impacts the number on the scale. She's a girl after my own heart! She is such a positive force when it comes to helping me live a happier and healthier life. Her passion for eating right and maintaining a healthy lifestyle is contagious!”  
?Kit Hoover, Co-Host, Access Hollywood Live

“Keri Glassman's latest book is a home-run for healthy eating. She gives the latest advice on superfoods in a way that is tailor-made for our super busy lives, and does it in a friendly tone that makes it all easy to ingest! I tore through it and was left feeling excited about my next meal as an opportunity to improve wellbeing from the inside out!”  
?Dr. Jennifer Ashton, ABC News Senior Medical Contributor, Women's Health Expert and author of *Your Body Beautiful*.

“Anything from Keri Glassman is going to be good. “The New You and Improved Diet” hits every spot with fresh advice and simple “how to's” for getting just that...a healthier YOU! Way to go Keri, people are going to love it! I did.”  
?Kathy Kaehler, Celebrity Trainer and Creator of Sunday Set-Up

“Keri reveals the answers to some of the most asked and most important questions when it comes to weight loss, nutrition, and creating your best self. She gives the reader simple plans that help to integrate her rules into one's daily life, and I love how easy her plan is to follow. The healthy recipes she provides are wonderful, healthy, and will be finding their way into my own personal kitchen!”  
?Dr. Mike Dow, Author of *Diet Rehab*

#### About the Author

Keri Glassman, MS, RD, CDN, is the founder and president of Nutritious Life. She is a contributing editor to *Women's Health* magazine and appears regularly on the *Today* show and *Access Hollywood Live*. She lives in New York City.

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##### James Ponce:

Information is provisions for folks to get better life, information these days can get by anyone at everywhere. The information can be a knowledge or any news even an issue. What people must be consider when those information which is inside the former life are hard to be find than now's taking seriously which one would

work to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen throughout you if you take The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever as your daily resource information.

**Roger Alford:**

The guide with title The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever possesses a lot of information that you can learn it. You can get a lot of benefit after read this book. This specific book exist new know-how the information that exist in this guide represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you throughout new era of the syndication. You can read the e-book on your smart phone, so you can read that anywhere you want.

**Aimee Buffington:**

Exactly why? Because this The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret it inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the book store hurriedly.

**Alexandra Stafford:**

Is it a person who having spare time then spend it whole day by watching television programs or just laying on the bed? Do you need something totally new? This The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever can be the reply, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

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