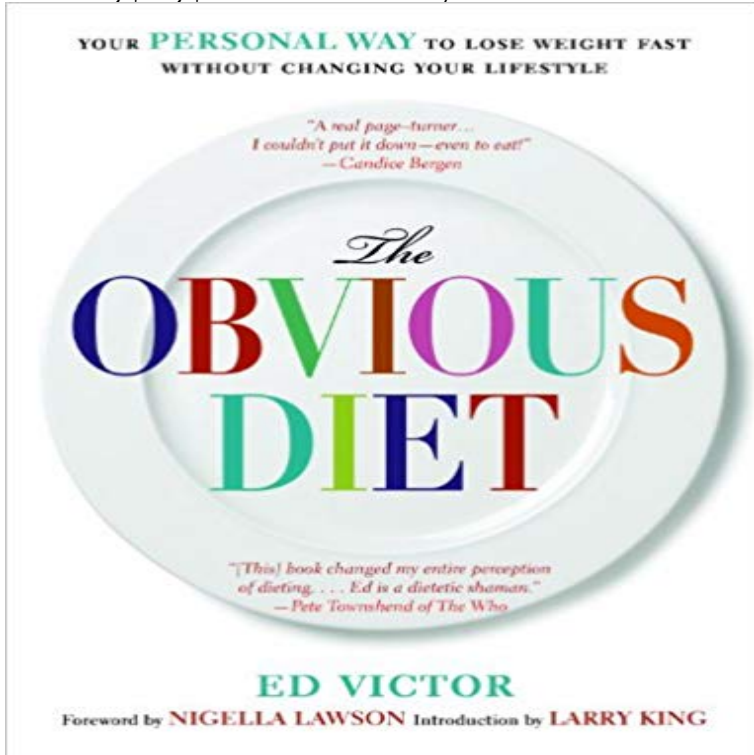


The Obvious Diet: Your Personal Way to Lose Weight Without Changing Your Lifestyle



At last, a diet so obvious, it works! Literary agents are famous for lunching, and there is no more famous agent than Ed Victor. If Ed can lose twenty pounds in three months without changing his lifestyle, so can everyone! The Obvious Diet recognizes that the rules you make yourself are the rules you are most likely to stick to. It shows you how to devise an eating regimen that is based on avoiding your own particular weakness, whether that is carbohydrates, animal fats, or sugar. It works because, rather than imposing a rigid plan from on high, it allows you to mix and match elements from different diets to suit your own lifestyle. If you have tried many diets over the years but found they didn't work, then this is the book for you. With ideas and advice from Ed Victor's celebrity friends and clients, the book provides anecdotes and inspirational tips to help you stick to your plan. Mel Brooks, Anne Bancroft, Tina Brown, Sidney Sheldon, Andrew Lloyd Webber, and many more contribute their recipes and words of wisdom. Dieting has never been this interesting! Millions of Americans are overweight and want to do something about it. If a gourmand like Ed Victor can do it, so can you!

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