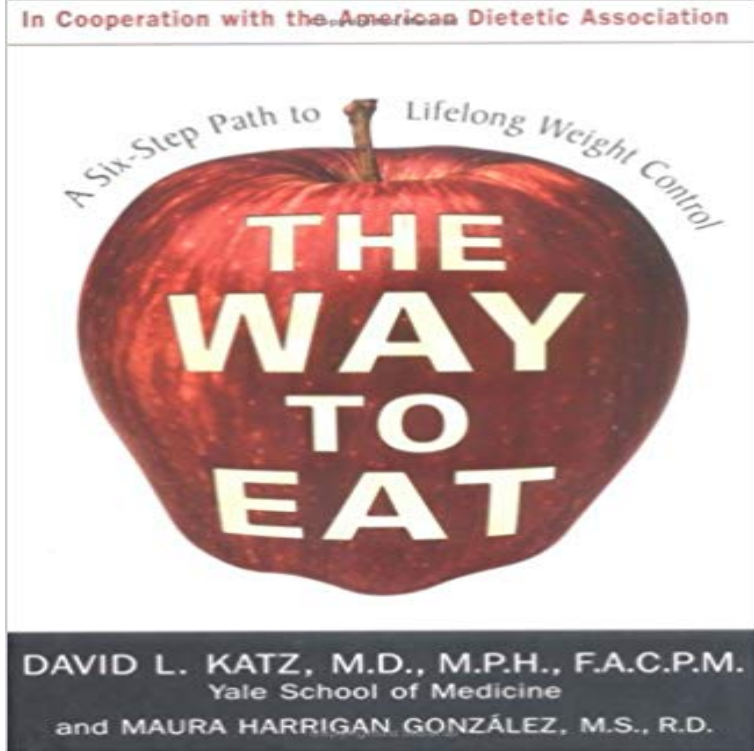


The Way to Eat: A Six-Step Path to Lifelong Weight Control



The Way to Eat is a comprehensive guide to a lifetime of eating well in support of three goals: overall good health, weight control and the enjoyment of food. The Way to Eat helps readers identify the common barriers to healthful eating in the modern nutritional environment, including busy schedules, the easy access to fast, fatty foods and our predisposition to prefer fats and sweets. Strategies for overcoming barriers are stressed.

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