



YOUR WEIGHT

5 Ways To Make Weight Loss Automatic

(NAPSA)—According to a recent survey by the Centers for Disease Control and Prevention, more than two thirds of Americans are considered overweight or obese. Many of

THE AUTOMATIC DIET



THE PROVEN 10-STEP PROCESS
FOR BREAKING YOUR FAT PATTERN

CHARLES STUART PLATKIN 

Author of the nationally syndicated column "THE DIET DETECTIVE"
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them will welcome these five ways to make dieting automatic from "The Automatic Diet: The Proven 10-Step Process for Breaking Your Fat Pattern" (Hudson Street Press, \$24.95) by Charles Stuart Platkin.

1. Don't be a Diet Hero—Clean your cupboards and throw away those tempting treats.

2. Discover Calorie Bargains—Great-tasting foods that are lower in calories than your current choices.

3. Plan for your Eating Alarm Times—Figure out when you overeat—prime-time TV, office afternoon munchies—and prepare in advance with Calorie Bargains.

4. Prepare for your Diet Busters—whether you're going to a party or out to dinner, think ahead about what you're going to eat so you can make the right "choice."

5. Use a Life Preserver—imagine future events, and how happy you'll be when you've reached your goal and run into your ex, attend a class reunion, or go to the beach in a bikini.

Platkin is one of the country's leading nutrition advocates, whose syndicated health and fitness column, "The Diet Detective," appears in more than 165 newspapers nationwide. THE AUTOMATIC DIET is available wherever books are sold.