



# 10 Habits That Mess Up a Woman's Diet: Simple Strategies to Eat Right, Lose Weight, and Reclaim Your Health

*Elizabeth Somer*

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## **10 Habits That Mess Up a Woman's Diet: Simple Strategies to Eat Right, Lose Weight, and Reclaim Your Health** Elizabeth Somer

**A nationally recognized nutrition expert tackles the ten most common mistakes unique to your dieting attempts**

In this first-of-its-kind book, Elizabeth Somer reveals to you what she's learned in more than 25 years on the front lines of nutrition research and counseling--the bad habits that stand in the way of successful weight loss. *10 Habits That Mess Up a Woman's Diet* pinpoints the most common downfalls for women--from nibbling off a partner's plate, to soothing themselves with chocolate, to following the latest fad diet--and offers easy, everyday solutions.

The book includes real-life stories you'll identify with, and self-assessment tests so you can learn what you're doing wrong. Using checklists, menu plans, snacking tips, and other successful tricks, you can eat healthfully, lose weight, and turn your life around--one habit at a time.

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