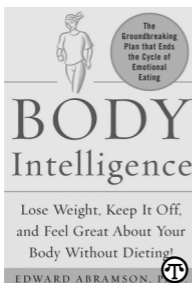


Body Intelligence

(NAPSA)—Dr. Edward Abramson, author of “Body Intelligence” (McGraw-Hill, \$21.95), says low-



carb and low-fat diets are quick fixes that don't work. He teaches a set of four life-changing behaviors, habits and attitudes that he terms Body Intelligence:

- **Eating intelligently:** Knowing why you want to eat will help you make better choices.

- **Looking at your body intelligently:** Develop a nonpunitive, positive—but realistic—image of your body.

- **Using your body intelligently:** Become comfortable with activity and reasonable physical exertion.

- **Living life intelligently:** Function in a way that's fulfilling to you. **Be Yourself.**

Abramson's advice is so simple and transformative, it's revolutionary: **Think when you eat.**

You'll learn how food and emotions are intimately linked, how early experiences determine eating habits, and how emotional and psychological knots perpetuate unhappy cycles of dieting or overeating.

Overnight diets don't work. You can only transform yourself with reasonable expectations. Adopting small, positive lifestyle changes elicits long-term results that no quickie diet can claim. “Body Intelligence” has no meal plans, low-fat recipes, exercise guides and calorie counters here. Instead, it offers specific methods to help the reader understand and regulate eating, improve body image and learn to comfortably become more active. It's a unique solution to weight control that goes to the root of eating habits, self-perception and the way people live.