



BOOK REVIEW

New Year, New You

(NAPSA)—Reading can be good for you—if you read books that provide sound advice on easy ways to improve your health.

Three books in the popular *For Dummies* series offer easy-to-follow advice that can help readers stick with New Year's resolutions.

Controlling Cholesterol For Dummies (\$21.99, Wiley) by Carol Ann Rinzler with Martin W. Graf, M.D., is packed with realistic ways to lower cholesterol and thereby reduce the risk of heart attack.

Pilates For Dummies (\$21.99, Wiley) by Ellie Herman, a certified Pilates practitioner, shows step-by-step exercises designed to help readers achieve more flexibility, stronger muscles and newfound body awareness.

Diabetes For Dummies (\$21.99, Wiley) by Dr. Alan L. Rubin offers tips to help people with diabetes survive and thrive. From causes, symptoms, and side effects to treatments, diet and exercise, Dr. Rubin helps readers understand all types of the disease and delivers sound advice on how to stay fit and feel great.

Available wherever books are sold. For more information, visit www.dummies.com.

