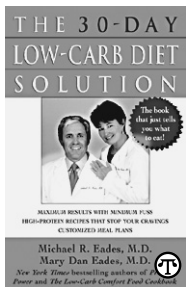




Books Worth Reading

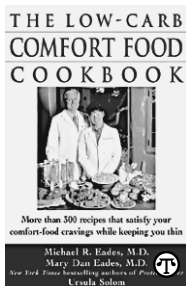
Easy-To-Follow Low Carb Diet Books

(NAPSA)—For the millions of Americans fed up with not having success with their resolutions to stay on their diet, two new easy-to-follow diet books from *New York Times* bestselling authors Michael R. Eades, M.D. and Mary Dan Eades M.D. should get a big welcome.



The first, *The 30-Day Low-Carb Diet Solution* (Wiley, \$19.95), could provide the weight-loss diet consumers are looking for. It answers such basic questions as: How many

grams of carbs can I have per day? How much protein can I safely eat? How much weight can I lose if I follow the diet? Critics find that the book provides maximum results with minimum fuss and contains high-protein recipes that stop your



cravings. An ideal companion to that book is the Eades' *The Low-Carb Comfort Food Cookbook*, (Wiley, \$24.95) which contains more than 300 recipes to satisfy your

comfort-food cravings while keeping you thin. Dieters can find hundreds of ways to indulge their passions for foods they never thought of, such as fried chicken, breads and muffins, pizza, pasta, pies, cakes and many more. Both books are available at bookstores or by calling 1-800-255-5945.