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Tuesday, Jan 10, 2006

Books

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Posted on Sun, Jan. 01, 2006

“FAT IS NOT YOUR FATE: Outsmart Your Genes and Lose the Weight Forever”

By Susan Mitchell and Catherine Christie

(Fireside/Simon & Schuster, 336 pp., \$15)

“It’s not my fault that I’m fat. My metabolism is just slow.” Well, Mitchell and Christie are going to agree and then try to provide you with a diet customized to outwit your metabolism. How? The book starts with a series of tests that provides you with a profile. That profile directs you to one of six diets that the authors claim will lead you to weight loss. It is nice that someone finally says that one diet does not fit all.



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