

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

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Pros

Yes! Finally! With the plethora of wacky diet books out there, a Registered Dietitian comes out with one that makes sense and gets a double thumbs up. Being a dietitian, the author is a credible authority on food and nutrition issues. This book is well researched and thorough with insights from experts across the US and Canada while still being a quick read. The author does an excellent job of identifying common eating scenarios such as nibbling while cooking. There are many easy to understand and apply weight loss strategies based on what we know works. What's more, they are realistic and fit into the bigger picture of work, life and kids. The reflective exercises such as quizzes offer a personalized approach to the content that many people would find helpful.

Cons

If you do read the book cover to cover there is some repetition of information and ideas. To be fair however, the book starts with a quiz allowing the reader to determine what chapters or habits are most relevant.

Bottom Line

If you want to lose some weight, get yourself a copy of this book. We highly recommend it for consumers and even as a reference for health professionals.