

The Wall Street Diet helps readers lose weight, keep it off, and still keep up with their busy lives. Heather Bauer knows there aren't enough hours in the day for you to focus on the details of a complicated weight loss plan. A registered dietitian with a thriving practice in New York City, her clients have high-pressure jobs in high-profile fields: CEOs, Wall Street brokers, producers, doctors, lawyers, editors--fast-track workers at every level. These time-starved professionals don't have time to count calories or weigh food, but with Bauer's breakthrough weight loss plan they've been able to shed their extra pounds and enjoy a healthy new lifestyle. The Wall Street Diet provides a framework of simple but powerful strategies that will keep you on track, all the time. The first diet to address real-life obstacles, it gives specific, proactive ways to gain control over situations that can spell diet disaster. And because The Wall Street Diet understands that the real secret to losing unwanted pounds is making sound decisions every day about what you love to eat, it will become a seamless part of your lifestyle, not an add-on project to your already full schedule. Is weight loss on your to-do list? The Wall Street Diet will show you how to: Master the ins and outs of eating out. Discover the art of strategic snacking. Trim the fat from your business trips. Overcome jet lag-induced overeating. Avoid tempting hotel food. Be a savvy eater in any situation. It's your own personal business plan for diet success.

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