



Diet by Relaxation

Keith McCandless

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This is the author's inspiring, often humorous, first-person account of how he finally confronted his typical middle-age weight problem and adapted Relaxitation techniques, fully explained, to help him sustain his will power and take charge of his diet, nutrition, and health-including reducing his blood pressure. Included are specific ideas about meal planning, shopping, and cooking for successful diet control, as well as coping with junkfood-loving housemates and visits to the mall. While losing over sixty pounds, the San Francisco writer devoured the latest nutrition science and health information, which he's condensed in entertaining fashion for additional motivation in this unique, meditative approach that is primarily directed toward building and maintaining resolve.

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