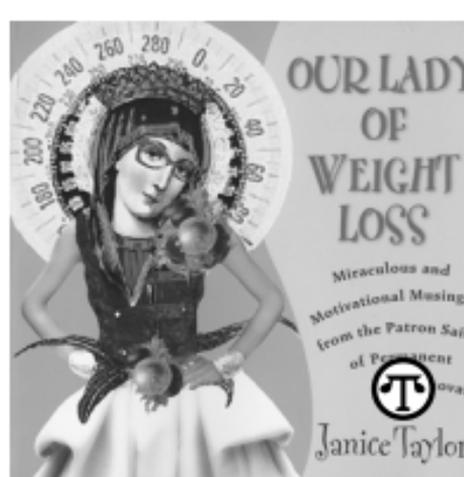


OUR LADY OF WEIGHT LOSS

(NAPSA)—Is it possible to slim down while you laugh it up? With the right cheerleader to motivate and inspire, you bet it is!

One book is designed to cheer on readers and make weight loss fun—yes, you heard right, FUN! It's "*Our Lady of Weight Loss: Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal*," by Janice Taylor (Viking Studio)—the perfect companion to any diet book or program.

According to Taylor, a weight-loss coach, motivational speaker and a big-time loser (she permanently removed 55 pounds over 5



years ago!), having fun helps to lighten up a weighty subject. Her book is all about "lightening up" and connecting to your "thinner core"

through arts and crafts, healthy eating and movement. Whatever makes your heart sing.

In her quirky, soulful book, the patron saint of permanent fat removal dishes out fat-free, calorie-free, carb-free, guilt-free helpings of divine diet inspiration. Her uniquely upbeat and happy approach will keep you on course even when those double-fudge brownies beckon.

Peppered throughout are FaToids (a dash of trivia), Righteous Recipes (delicious, easy to prepare and healthy) and crafty Pious Projects (such as the non-piggy bank: Pay yourself every time you say "no, thank you." When the bank is full, buy yourself a nonfood treat) and more.

As your guide on the rocky road to Sveltville, "Our Lady of Weight Loss" will forever change your view of dieting and your relationship to food.

For more information, visit www.ourladyofweightloss.com.