

NEWS

OF WOMEN

Weight-Loss Winners

(NAPSA)—A new view on the different ways women gain weight and the different ways they successfully lose it may provide many women with the weight-loss tool they've been waiting for.

Secrets of the Superconfident
Weight-Loss Winners

THE POWER

11 Ways Women Gain Unhealthy Weight and How You Can Take Charge of Them

- ✓ Anger
- ✓ Daily hassles
- ✓ Depression
- ✓ Lazy thyroid
- ✓ Polycystic Ovary Syndrome

SUE ELLIN BROWDER

In her new book, *The Power: Secrets of the Superconfident Weight-Loss Winners* (Wiley, \$22.95), author Sue Ellin Browder explains how women gain weight for diverse biological, psychological and cultural reasons.

Embracing a new way of thinking that measures unhealthy fat in patterns rather than pounds, the author identifies eleven distinct culprits, among which are:

- Depression Fat
- Polycystic Ovary Syndrome Fat
- Anger Fat
- Post-Trauma Fat

Browder also uncovers a weight gain factor common among women: stress.

Through quizzes, practical suggestions and inspiring stories from weight-loss winners, *The Power* can empower women to take charge of their weight for life. According to Browder, you know your own body like no one else does and when it comes to losing weight, you are the expert.

For more information, call John Wiley and Sons at (212) 850-6625 or e-mail msewell@wiley.com.