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Das "Kein-Diät-Buch" habe ich geschrieben, um allen Mut zu machen, die schon diverse Diäten, Pillen, Lightfood und Ähnliches ausprobiert haben. Ich habe dreißig Pfund abgenommen, habe zwar ein Jahr dafür gebraucht, aber mit dem Ergebnis, dass ich auch nie wieder zugenommen habe. Mein Körper hat sich auf eine neue, andere Ernährung eingestellt und ich vermisse nichts! Lesen Sie mal, wie es geht, nein, wie einfach es geht, die ungeliebten Pfunde *peux a peux* zu verlieren und zum Schluß vor dem Spiegel zu stehen, sich anzulächeln und zufrieden mit seinem Körper zu sein. Ich kann nur sagen "Ein Hochgefühl!"

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