

Praise for
Lose the Lies, Lose the Weight

“We’ve all read...and probably been reminded on a daily basis...that the U.S. is in the throes of an obesity epidemic. Super-sized fast food meals are easy to consume, but hard to get off one’s hips and thighs. *Lose the Lies, Lose the Weight* is indeed the *Ultimate Guide to Permanent Weight Loss*. This book teaches the basics and explodes all the lies and myths about food and fitness. It helps to defuse the falsehoods we tell ourselves and others tell us about food and how we look. Most of all, negative thinking is replaced with positive thinking to assist us as we strive to meet our goals. This book is for everyone. Whether you need it...or your spouse...or your children...read, digest, then make today the first day of the rest of your lean, fit life.”
—Alice Klein, bookideas.com

“I found *Lose the Lies, Lose the Weight* to be right on the nail for anyone who is serious! Thanks Laurie for sharing—15 pounds lost and counting!”
—Dr. Letitia Wright, host,
The Wright Place TV Show

“Laurie’s book will save you from falling into the trap of believing the lies about weight gain after having children. Her book has many practical tips and provides inspiration for new mothers.”
—Lara Honos-Webb, Ph.D.,
psychologist and author of *The Gift of ADHD*

“As a registered dietitian and online certified personal trainer, I commend Laurie Bell on a well-written, easy to read book with accurate nutrition and exercise advice! Laurie Bell provides excellent, practical, balanced advice for all ages from children to teens and moms to seniors. Frustrated dieters will benefit tremendously from this book by learning about the destructive, manipulative, nutrition, and exercise lies that sabotage success in weight loss. In Chapter 6, ‘I’ve Tried Everything,’ Laurie addresses this destructive lie. I have counseled countless clients who feel they have tried every weight loss tactic available from fasting to high protein diets. Laurie has a fabulous way of helping the reader to adjust the very root of the dieter’s problem—one’s mindset about food.” —Suzanne Himka, Registered Dietitian,
Certified Strength and Conditioning Specialist

“Laurie Bell has skillfully condensed the myriad of fitness recommendations into a clear, straightforward, fitness program sure to benefit all readers who incorporate it into their daily schedule.”
—Nanci Grayson, Registered Dietitian,
Certified Diabetes Educator,
Nutrition Consultant, Master of Science Degree

“*Lose the Lies, Lose the Weight* has not only changed my life, but has put my entire family on course to living healthier, more fit lives. Laurie’s book unveiled the lies and revealed the truth and commitment you must have to change—from the inside out. With Laurie’s book we were able to take a hard look at the choices we were making that kept us unfit. It then went two steps further to instruct and inspire us how to eat healthier and live actively. I am a breast cancer overcomer—I once referred to myself as a survivor. But with the help of *Lose the Lies, Lose the Weight*, I believe that I am one step closer to overcoming breast cancer personally and minimizing the chances that my two sweet daughters may one day be plagued by this disease, through better nutritional choices and a lifestyle of fitness. Thank you, Laurie, for who you are, your book, and your commitment to helping others lose the lies and lose the weight.”
—Sabrina Adams,
publisher and general editor,
Zoë Life Publishing, zoelifepub.com

“*Lose the Lies, Lose the Weight* is the most complete program for women I’ve ever seen in my 23 years as a registered dietitian specializing in weight control. Laurie hits every conceivable aspect of health and fitness pertaining to women! I will definitely recommend this book to the 70 people I see weekly.”

—Tracy L. Boykin, R.D. Clinical Nutrition Center, Denver, Colorado

“Laurie Bell emphasizes what other books lack—understanding the psychology to believe that you can be fit, regardless of your age or size. If you are serious about losing weight, this book is a must-read!”

—Donna Dalton, M.S. Physical Education, N.S.C.A., C.S.C.S.,
weight loss coach and sport-specific trainer

“This book answers all the questions women have about weight loss. With her combination of psychology, education, and weight training, Laurie gets to those hard to reach places in every woman’s mind. She dispels the lies of unhealthy thinking and replaces them with quality, health-affirming messages. The nutrition information is scientifically sound and easy to understand.”

—Elizabeth Palmer-Reed, Registered Dietitian,
Bachelor Degree, Human Nutrition,
Master of Public Health Degree, Nutrition

“Insightful! A ‘how-to’ for anyone struggling with the psychological challenge of health and fitness.”

—Olivia D. Hamilton, certified personal trainer,
Certified Strength and Conditioning Specialist

“If you are ready to see positive results in both your physical and mental self, this book is definitely a wake-up call. Laurie proves you CAN do it!”

—Judi Moreo, author, *Ordinary Women, Extraordinary Success*

“Just a great book!”

—Lynn Fischer, bestselling author, *Lowfat Cooking for Dummies*

“Marine Corps boot camp has nothing on Laurie Bell! Great advice and great results! After you’ve tried the fad diets, and found they didn’t work, read *Lose the Lies, Lose the Weight*. This will be the last book you will ever need to read on weight loss!”

—Cathy Yanda, Bachelor of Science Degree, Psychology

“Laurie’s book is amazing! The chapter, ‘Go Ahead, Eat It, One Time Won’t Hurt You,’ was most valuable! Using a calorie counter book, like Laurie recommends, and staying between 1,200 to 1,500 calories a day, with regular exercise, has TRULY been what has made me FINALLY get to my target weight. I would definitely recommend *Lose the Lies, Lose the Weight* to anyone who is serious about getting in shape.”

—Michelle A. Hanson, teacher and mother

“Laurie Bell’s combination of enthusiasm and personal knowledge helped me gain control of my life. She shares a surefire way, to once and for all, get rid of unwanted pounds! Laurie has an uncanny way of compelling the reader, to look at the heart of their weight problem and teaches them how to overcome all obstacles that stand in the way of healthy living.”

—Carmen Maurer, fifth grade teacher and mother of five

“Laurie’s book is very motivating! It doesn’t ‘dance around’ what is needed to make positive changes.”

—Mona R. Treadwell, M.S., R.D.

“*Lose the Lies, Lose the Weight* is an incredible book for those who struggle with weight loss and have low self-esteem. This book is geared for anyone to pick up and use right away! The action steps are very helpful in starting the ‘new’ you!”

—Lisa M. Dice, nursing school student

“Laurie Bell’s book is a no-nonsense, keep it simple guide to getting and staying fit. This book really hit home for me, being in my late 30’s and a mother of three children. I’ve always tried to maintain some level of fitness but have always wanted more, possibly even to compete in a fitness show someday. What I learned from this book will definitely help me reach that goal. It also helped me realize that I shouldn’t feel guilty for wanting to spend that time at the gym and that I can be a better person for everyone in my life if I take care of myself too. Great book Laurie!”
—Kim A. Juarez, police officer

“The way Laurie Bell cuts right to the chase and doesn’t try to glamorize her strategies is commendable! Implementing the strategies will be beneficial during the journey toward good health and fitness!”
—Marci Joy Steiner, Registered Dietitian,
certified personal trainer, Master of Science Degree

“Those of us who are out of shape have long taken comfort in myths about fitness and weight control that *Lose the Lies* neatly torpedoed. It’s a wake-up call for the sedentary. Of particular value was the easy-to-follow workout charts and the many “fit vs. fat” lists that give readers the real scoop on just what to eat and what to avoid.”
—Judy Brand Lucas, Master of Business Administration, writer

“*Lose the Lies, Lose the Weight* is the most simplified approach to weight loss that I have ever read. Thank you, Laurie, for your brutal honesty and great sense of humor!”
—Stacey Kannenberg, coauthor,
Let’s Get Ready for Kindergarten

“Laurie reveals those psychological barriers to weight loss then offers powerful insight on conquering all of these mental roadblocks. Embracing the information will allow anyone to achieve a new way of thinking about food, diet, nutrition, and health!”
—Nona Long, Master of Business Administration

“I heartily recommend this book to anyone who knows they must be missing something in the weight loss game. What they are missing is the truth. Laurie Bell tells it like it is! I especially liked the fitness truths sprinkled throughout the book!”
—Theresa Frascch, speaker, coach, author

Lose the Lies, Lose the Weight, is available at <http://www.losethelieslosetheweight.com> or 800-860-7199, or through your favorite bookstore. Hardcover, 296 pages, with a foreword by Fitness Olympia Champion Monica Brant, photos, glossary, notes, and index, \$24.95.