

*You haven't failed your diet, your diet has failed you.*

# The Diet Survivor's HANDBOOK

✓ High Protein -15lbs, +16lbs

✓ Low-Cal -7lbs, +10lbs

✓ Liquid -9lbs, +13lbs

✓ Grapefruit -12lbs, +15lbs

✓ Low-Carb -5lbs, +7lbs

✓ Low-Fat -10lbs, +13lbs

# 60

Lessons  
in Eating,  
Acceptance  
and Self-Care

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