



Eating Light Done Right

TANIA N. BOUGHTON



SIMPLY SINLESS™ RECIPES FROM THE SINGLE MOM NEXT DOOR

| <http://www.eatinglightdoneright.com> |

PRESS RELEASE

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“Single Mom Next Door” Announces Launch of New Book *Eating Light, Done Right*

Tania N. Boughton turns tried-and-true recipes into Simply Sinless™ meals

DALLAS, TX – [Eating Light, Done Right](http://www.eatinglightdoneright.com) the aspirational new cookbook from “Single Mom Next Door” Tania N. Boughton, was announced today. Providing an easy way for moms everywhere to get healthy in the midst of a hectic life, the book uniquely takes common recipes and substitutes high-calorie, high-fat ingredients for healthier options. The results are easy, tasty meals that whole families will love. In Tania’s words, “It’s about learning to cook with common sense. Emphasis on *learning*.”

Drawing from her own emotional eating issues, Tania shares her story directly and honestly, yet with humorous anecdotes on how she was able to stop the emotional roller coaster, learn to love herself, and stop being overweight using sensible eating and cooking practices.

The key to Tania’s weight loss success has been in her proven method of altering recipes and making time for exercise. She knows busy moms are not professional chefs, but by “cooking with common sense,” giving up on taste and favorite foods in order to be healthy is no longer an issue. Tania has tried-and-true recipes that cut out certain ingredients and substitute healthier options. Pizza, lasagna, desserts and more are still enjoyed on the weekly menu.

Intimately understanding how to juggle single parenthood, a professional career, a long distance relationship, attending kids’ sport and school functions and balancing friends and family, Tania knows that moms rarely put themselves first. Actually, it’s usually mom who comes in last, and in many cases, if at all. Tania provides easy-to-understand, insightful ways to make dinner easy and focus on a little “me-time.” It’s a sensible way to achieve the weight loss so many women desperately want, but feel they cannot accomplish.

Tania explains, “My cookbook is all about providing today’s on-the-go’ woman with healthful, nutritious recipes along with some workout and fitness advice from a personal trainer. This is

about empowerment, health and making educated and good eating decisions! If you are serious about getting healthy, you are in the right place."

Eating Light, Done Right will launch February 8, 2012, at an exclusive party at Dee Lincoln's Wine & Bubble Bar in Dallas, TX. The book is available to pre-order by visiting www.eatinglightdoneight.com/.

About *Eating Light, Done Right*:

At several turning points in her life, Tania realized that she, like countless others, had been burying herself in food to deal with the emotional ups and downs of life. The stories she shares are the true confessions of a reformed emotional eater who is trying to balance single motherhood with hectic everyday life.

Tania cooks with common sense by dropping the fat and calorie content from her recipes and substituting healthy alternative ingredients in their place. The result is many delicious and easy-to-prepare recipes that busy women and moms everywhere will be grateful to get their hands on, and kids will love too. Truly, the result is eating light, done right.

About Tania N. Boughton:

Tania is a full time single mom to two little boys, one of whom has Asperger's syndrome. She also juggles a men's fashion career with J. Hilburn, a long-term relationship, volunteering for her sons' PTA, raising money for the Cystic Fibrosis Foundation and other charities, attending her sons' sporting activities five nights a week, exercising, writing this book, and tending to the daily cooking, laundry, dry-cleaning, dishes and STRESS that come with modern life. You name it, she does it, because she really IS the mom next door!

Tania, who lives in Dallas, Texas, saw what appeared to be a hole in the self-help/cookbook market as she quickly dropped her baby weight and experienced droves of people at the gym asking "How?" As she dug deeper, she realized that while she had made the decision to stop eating emotionally, many of these people had not. Herein lies the groundwork for *Eating Light, Done Right: Simply Sinless Recipes from the Single Mom Next Door*. Drawing on her experience in the military counseling troops on weight control, Tania quickly realized that she loved helping people face what was holding them back. This turning point redirected her life in a positive manner.

Countless hours in the kitchen later, burning herself on a near daily basis and stubbornly refusing to purchase thousands of dollars' worth of fancy cookware, Tania has transformed numerous favorite recipes from full fat, high-calorie "fat bombs" into easy, light recipes that you don't have to be an "expert at anything" to make. Her approach is frank and light-hearted with the underlying message that if she can do this, anyone can. As she states at the end of nearly every recipe, "Serve hot and enjoy!" Emphasis on enjoy!