



# 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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### ***Eating Light, Done Right* Enjoys Successful Launch Party**

The exclusive event kicked off the official release of author Tania N. Boughton's inspiring debut cookbook that teaches "cooking with common sense" to lose weight and get in shape.

DALLAS, TX – Over 125 people attended the exclusive launch party celebrating *Eating Light, Done Right*, the aspirational new cookbook from "Single Mom Next Door" Tania N. Boughton. Colleagues, friends and family partied in style with eclectic music, food and fun at the upscale Dee Lincoln's Tasting Room & Bubble Bar in Uptown Dallas. "This is truly the culmination of everything I've been dreaming about and working towards," said Tania. "I am absolutely thrilled with the cookbook and happy to make a positive impact for those who want to get healthy and lose weight."

Providing an easy way to get healthy in the midst of a hectic life, [\*Eating Light, Done Right\*](#) 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*."

She also talked about her past issues with emotional eating 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. "I attend numerous launch events each year and this is by far one of the best I've been too," said guest Terri Maxwell. "The energy and enthusiasm the crowd has for Tania's story as well as the cookbook made this event a great success."

*Eating Light, Done Right* is available by visiting [www.eatinglightdoneright.com/](http://www.eatinglightdoneright.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!

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