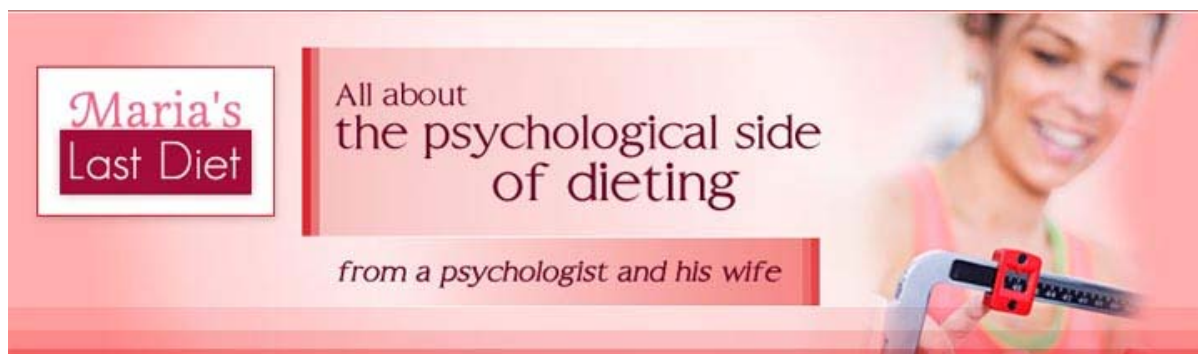


Sticking To A Diet Is Now A Lot Easier For Women



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Press Release Author: MariasLastDiet.com

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Press Release Summary: There's a new diet game in town and it's not a diet. It's called Diet Tuffy, an online system to help a woman succeed on any diet she chooses.

Press Release Body: Sharon, CT January 23, 2009—There's a new diet game in town and it's not a diet. It's called [Diet Tuffy](#), an online system to help a woman succeed on any diet she chooses. Developed by a psychologist, **Dr. Kenneth Schwarz**, Diet Tuffy is based on the psychological principles of problem finding, breakthrough thinking, specific planning, and goal achievement.

Dieting remains at the forefront of most women's minds. At any given time, 45% of women in the U.S. are on a diet, but here's the raw fact: 62% of women ages 20 to 74 are still overweight. The problem is, most women can't stick to a diet. Through a series of fun-filled and confidence-building steps, Diet Tuffy helps a woman succeed where she has failed before. She can now successfully square off against lack of willpower, emotional eating, negative thinking, temptations, stress, and all the other dieting foes.

Dr. Schwarz who, with his wife Julie North Schwarz, founded MariasLastDiet.com, announced the release of Diet Tuffy today.

Dr. Schwarz says, *"Women who get stopped by the same old problems when they diet are going to like the totally fresh approach that Diet Tuffy gives them."*

To learn more, go to www.diettuffy.com.

Web Site: <http://www.mariaslastdiet.com>

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