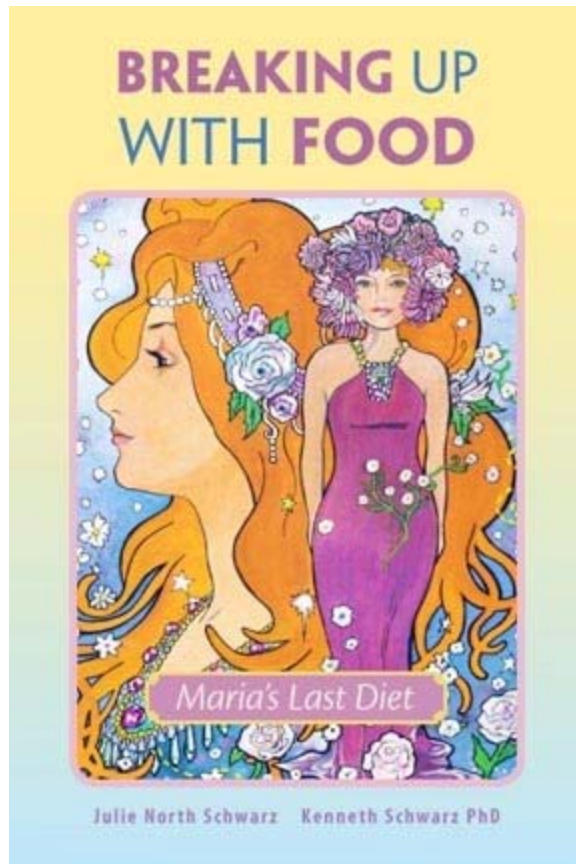


Dieting Gets a Makeover

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Salisbury Connecticut — June 21, 2010. It is time to shine a light on what makes the difference for successful dieting. It is not the diet that matters most. What really counts is paying attention to the psychological side of things.

The new look of dieting is painted into a novel of passionate weight loss called *Breaking Up With Food: Maria's Last Diet*. The authors, Julie North Schwarz and Kenneth Schwarz PhD are also the creators of the women's website, [MariasLastDiet.com](#). The website is a wealth of information about the psychological issues that all too often stand in the way of weight loss.

Breaking Up With Food is a self-help book that pulls the reader deep into a psychological milieu.

Maria's weight-loss journey is a story of suspense, mystery, daring, and victory. It begins with an unintended look in the mirror, and ends in triumph when Maria reaches her goal weight at last.

Breaking Up With Food is fiction, but there's a real story behind it. It's a story for any woman who has trouble dieting. It's for those who can't stay on a diet; it's for those who stay on but at some point gain it all back. It's for those who keep trying and failing; it's for those who keep dreaming about losing weight; it's for those who have given up the dream and want it back.

Dr. Schwarz, a psychologist and psychoanalyst, puts it this way: " This book is meant to inspire and encourage every woman who is still struggling with her weight. It is not, by any means, a rigid set of rules. Instead, reading the book is an uplifting experience. It's like when you pick a flower, you don't need to stop and think, this is the stamen, these are the petals, this is the reaction with the sun that makes it this color—no. You pick the flower, it's beautiful, it gets inside of you, it makes a difference in your life. That's what Maria's story is like."

Breaking Up With Food: Maria's Last Diet is \$14.95 in print and \$9.99 as an eBook. It is available from online retailers and from a retail store near you.

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