



# **Eat Your Way to a Happier, Sexier You: Eat Your Way to Happiness/Eat Your Way to Sexy**

*Elizabeth Somer*

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**Eat Your Way to a Happier, Sexier You: Eat Your Way to Happiness/Eat Your Way to Sexy** Elizabeth Somer

Your sexiest, most fabulous self is directly linked to what you eat. Elizabeth Somer, M.A., R.D., will show you how to take charge of your diet to trim your waistline, boost your confidence and revitalize your love life.

In *Eat Your Way to Happiness*, you'll discover the ten simple secrets to being healthy, happy and fit. Healthy eating is a lot easier than you think.

You'll learn:

- The 1-2-3 combination of breakfast foods that will keep you energized all day
- Which carbs and fats will help elevate your mood and decrease your weight
- The twelve super foods that boost your mood and slim your waistline

*Eat Your Way to Sexy* will show you the foods to eat to look sexier, feel sexier and have great sex.

You'll learn:

- The ten foolproof tips to permanent weight loss
- What to eat for a radiant complexion, shiny hair and strong nails
- The *Eat Your Way to Sexy* Daily Meal Planner: a step-by-step plan to incorporate the ten tips from the book into your daily life

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