



# Stop the Diet, I Want to Get Off!

*Lisa Tillinger Johansen*

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## **Stop the Diet, I Want to Get Off!** Lisa Tillinger Johansen

The Paleo. The Zone. The Gluten-free. Another day, another diet. We're caught in a never-ending merry-go-round of weight loss plans, fueled by celebrity endorsers, TV doctors and companies angling for a piece of a \$60 billion industry. But do these diets really work? And how healthy are they? Registered Dietitian Lisa Tillinger Johansen examines dozens of the most wildly popular diets based on medical facts, not hype. And along the way, she reveals tried-and-true weight loss strategies, relying on her years of hospital experience, weight-loss seminars and community outreach efforts. With insight and humor, *Stop The Diet, I Want To Get Off* shows that the best answer is often not a trendy celebrity-endorsed diet, but easy-to-follow guidelines that are best for our health and our waistslines.

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