



The Shangri-La Diet: The No Hunger Eat Anything Weight-Loss Plan

By Seth Roberts

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As seen in the *New York Times* and on *Good Morning America*-now updated by the author.

Imagine a diet that's as easy as "a spoonful of sugar" (or extra-light olive oil) twice a day. A diet that actually reduces appetite and cravings. A diet that's based on a wealth of scientific findings but is simple enough for anyone to stick to. A diet with results that amaze almost everyone who tries it.

Psychology professor Seth Roberts asks a simple question most weight-loss experts haven't thought to tackle: *What makes people hungry?* Based on a new understanding of how the human body regulates hunger, *The Shangri-La Diet* presents a strikingly simple and surprisingly effective way to lose weight-without giving up favorite foods.

Simple and counterintuitive, this extraordinary new diet is changing the way the world thinks about weight loss-one success story at a time.

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Editorial Review

Review

"Alan Sklar is an expert at narrating self-help programs. Here he pushes his voice into a youthful range that sounds great as he presents the author's revolutionary ideas with understated dignity." ---AudioFile

About the Author

Seth Roberts, Ph.D., is an associate professor of psychology at the University of California at Berkeley. He serves on the editorial board of the scientific journal Nutrition and has published dozens of scientific articles on many topics, including health, nutrition, and weight control.

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Turning heads in the scientific community, a psychology Ph.D. who studies health and weight control discovered that spoonfuls of sugar or olive oil make people eat less because they feel more satiated. He says that lasting weight management requires a gradual adjustment of our internal "set point." Certain food flavors, especially processed foods, push up our "set points" (making us want to eat) while natural foods and calories with little or no flavor (such as fructose water) push them down. Alan Sklar is an expert at narrating self-help programs. Here he pushes his voice into a youthful range that sounds great as he presents the author's revolutionary ideas with understated dignity. T.W. © AudioFile 2007, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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Roger Cooper:

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