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## The Dog Diet: What My Dog Taught Me about Shedding Pounds, Licking Stress and Getting a New Leash on Life (Hardback)

By Patti Lawson

HEALTH COMMUNICATIONS, United States, 2006. Hardback. Condition: New. Language: English . Brand New Book. Boy does Ms. Lawson know dogs! Fantastic book for dog lovers and anyone who wants to stay in shape and lighten up their lives to boot! --Richard Simmons We live in a diet-obsessed age, when we lose five pounds just to gain ten, delude ourselves that the next exercise contraption we buy from that midnight infomercial will finally take that extra inch off our thighs, and become convinced that the latest diet fad of beet soup and goat s milk will help us look good in a bikini. But now you can forget the Zone, Atkins and South Beach! It turns out that the ultimate weight-loss plan is owning a dog: Man (and woman s) best friend is the fail proof personal trainer-dietician-nutritionist you ve been looking for you all your life. That s just what Patti Lawson found in her dog, Sadie. A diet-obsessed, single lawyer, Patti spent the winter indulging in multiple brands of chocolate while mourning the demise of her latest relationship. Spring found her pudgy and pitiful, when Fate - and a fortuitous trip to PetSmart - brought rascally puppy Sadie into...



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