

USA WEEKEND

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**FIRST
IN OUR 2011
HEALTH
SERIES**

NEW YEAR.

**NEW
YOU!**

Reigning *Dancing With the Stars*
champ **Jennifer Grey** on
overcoming fear — and getting healthy.



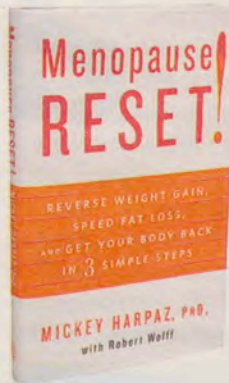
PLUS
THIS YEAR,
KEEP YOUR
RESOLUTIONS
WITH
**8 GREAT
TIPS**
FROM
The Doctors.

Lose weight and feel better in 2011!

To help you weed through the stack of new diet and health books, here are six that stand out.

BY GAYLE JO CARTER

IF YOUR NEW YEAR'S resolutions include losing weight, shaping up or eating healthier — doesn't everyone's? — now's the time to check out the slew of new books hitting stores right now. USA WEEKEND combed through some of the more intriguing ones to narrow down which might be the perfect fit for you.



Menopause Reset! *Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps* by Mickey Harpaz, Feb. 1 (Rodale, \$24.99)

The skinny: Specific advice to this subset of women.

The goods: For diet, emphasis is on the ratio of carbohydrates to proteins to fats; for exercise, it's not just about the calories burned but your metabolism afterward. Lots to learn here.

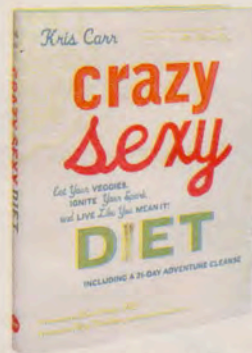
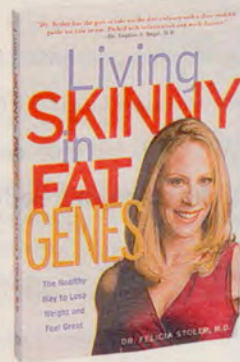
Knowledge is power: Chapter on reading food labels gets to the specifics of what each of those lines on the label actually means.

Living Skinny in Fat Genes: *The Healthy Way to Lose Weight and Feel Great* by Felicia Stoler (Pegasus, \$16.95)

The skinny: No quick fixes here from the host of TLC's *Honey, We're Killing the Kids!* Instead, life-long eating and exercise tips for the long haul.

The goods: Real-world advice, like what to eat at the mall and "everything in moderation."

News you can use: The lists of food substitutions, best sources of protein and superfoods are worth saving. Or, better yet, make a copy to take on your next grocery trip.

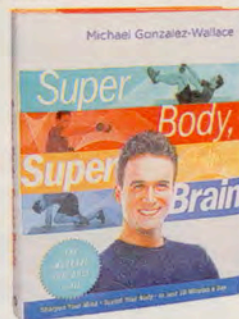


Crazy Sexy Diet by Kris Carr (Skirt!, \$24.95)

The skinny: Carr, whose cancer diagnosis sparked her own personal health revolution, offers up dietary and lifestyle changes, along with experts' words of wisdom.

The goods: This book's major selling point is its diversity, with ideas like meditation and a 21-day adventure cleanse.

Worth buying: For Chapter 8's "Getting Started." With its pantry-transformation how-to, you can't help but eat healthier.

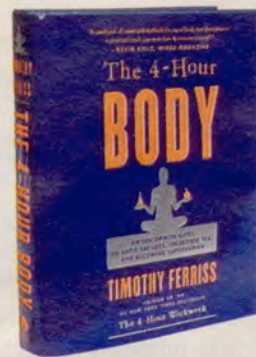


Super Body, Super Brain: *The Workout That Does It All* by Michael Gonzalez-Wallace (HarperOne, \$26.99)

The skinny: Test your mental alacrity and physical abilities at the same time.

The goods: Actual workout routines, pictures of how to correctly do exercises and personal stories of people who've tried it.

The reality: Anybody can do anything for 10 minutes, and there are lots of options to try.

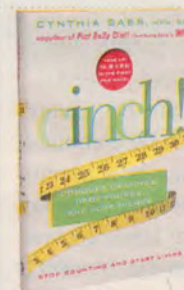


The 4-Hour Body: *An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Human* by Timothy Ferriss (Crown Archetype, \$22)

The skinny: Packed with data on the fastest ways to lose body fat, build muscle mass, get a perfect night's sleep and, for men, double your sperm count.

The goods: Ferriss strives to turn conventional wisdom on its head with a chapter on how to lose 20 pounds in 30 days without exercise.

Get serious: Not for dabblers.



Cinch! *Conquer Cravings, Drop Pounds, and Lose Inches* by Cynthia Sass (HarperCollins, \$25.99)

The skinny: Sass confronts the emotional side of eating with a good dose of hand-holding.

The goods: Hard-to-resist shopping lists, recipes and foods that will satisfy both your waistline and taste buds — there's even chocolate.

Just the facts: There's nothing trendy here — just talk about choosing unprocessed food and how it will change your body (and mind). 