

NEWS FROM WARNER BOOKS



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THE GOOD MOOD DIET

Feel Great While You Lose Weight

SUSAN KLEINER, PhD,
with Bob Condor

*ONE DAY to feeling better than yesterday,
ONE WEEK to Erasing Depression,
ONE MONTH to losing weight for good.*

Warner Books' Springboard Press imprint is pleased to announce the January 2007 publication of **THE GOOD MOOD DIET**, a new groundbreaking book by noted nutritionist, Dr. Susan Kleiner.

Seattle-based Dr. Kleiner created a stir last year when she launched, in conjunction with the *Seattle Post-Intelligencer*, "The Seattle Good Mood Diet." The *Post-Intelligencer* followed the participants in Kleiner's diet program for a six week period and made an astonishing discovery: not only did every dieter lose weight by the end of the program, they each experienced a significant upswing in mood and energy level.

In **THE GOOD MOOD DIET**, Dr. Kleiner outlines her 14 day program of feel-good meals and snacks to get you started on her groundbreaking diet while also explaining the science behind the dietary/nutritional value of these mood influencing foods. Readers will be pleased to discover that along with the surprising variety of the "feel-good" list of foods, there are a number of shocking inclusions, such as coffee, chocolate and red wine. The book also offers mouth-watering recipes to try as you continue the program after the initial 14 day period, with delicious dishes including Black Bean Salsa Soup, Spinach Strudel, Tuna Noodle Casserole, Mole Poblano Turkey, Whole Wheat Pancakes with Fresh Blueberry Sauce as well as a number of recipes for smoothies, a key component of this high energy diet plan.

Dr. Kleiner's book is truly one-of-a-kind. First of all, *Dr. Kleiner does not believe in food deprivation*. In fact, she argues against low calorie/low carbohydrate diets explaining that they reduce energy levels and can cause chemical changes in the brain that make the dieter feel depressed. Also, as a nutritionist to champion athletes, Dr. Kleiner understands the science behind foods and food consumption - from the best time of day to eat certain foods to what amounts should be consumed - and she shares this important information with the reader.

Other chapters in **THE GOOD MOOD DIET** delve into exercise and rest, noting the importance of both to the program while offering attainable guidelines for achieving weight goals. Dr. Kleiner also devotes a chapter to "feel-bad foods" to provide you with the reasoning - and the science - behind the foods you should avoid.

Dr. Susan Kleiner is a bestselling author in the nutrition category (she's written two books, *Power Eating* and *Power Food*) and she is the nutrition consultant to the Seattle SuperSonics and the Seattle Sea Hawks, among others. *Bob Condor* is the "Living Well" columnist for the *Seattle Post-Intelligencer* and the author or co-author of 6 books.

Springboard Press's mission is to provide people in midlife with books that will inform and inspire them on their quest for balanced, happy, and fulfilling lives. Springboard is an imprint of Warner Books, Inc.

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