

Making Weight Control Second Nature: Living Thin Naturally

Author: Susan Burke March, MS, RD, LD/N, CDE • **Pages:** 324 • **Price:** \$26.95

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In an effort to help those who are struggling with weight problems overcome their debilitating dependencies, Susan Burke March, registered dietician and healthy living advocate, wrote her new book, *Making Weight Control Second Nature*, which educates readers on the methods she and other "weight maintainers" utilize to keep their weight stable without going on a diet.

In this personal account, March delivers practical information and strategies for people who are serious about taking control of their health for the long term. She debunks the myth that some people are simply naturally thin and can binge on whatever they want, but explains that most thin people practice habits that allow them to stay that way. There is also a handy section that provides many eating and living tips where much of the necessary ingredients for healthy living are explained. One such tip mentions the importance of taking a multivitamin because it allows the body to best take advantage of the food consumed.

