



Suzanne Somers' Eat Great, Lose Weight: Eat All the Foods You Love in "Somersize" Combinations to Reprogram Your Metabolism, Shed Pounds for Good, and Have More Energy Than Ever Before

Suzanne Somers

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No one knows the self-denial--and the failure rate--of dieting better than Suzanne Somers. The *Three's Company* and *Step-by-Step* star struggled with her weight for twenty years. But now, after years of experimentation and consultation with more than one hundred nutritionists and dietitians, Suzanne has developed a weight-loss plan that truly succeeds.

With over a hundred recipes for great-tasting creative and traditional dishes, **Eat Great, Lose Weight** will help you free yourself from food cravings, get off the diet roller coaster, and learn to love food again. You won't believe how easy it is to look and feel your best!

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