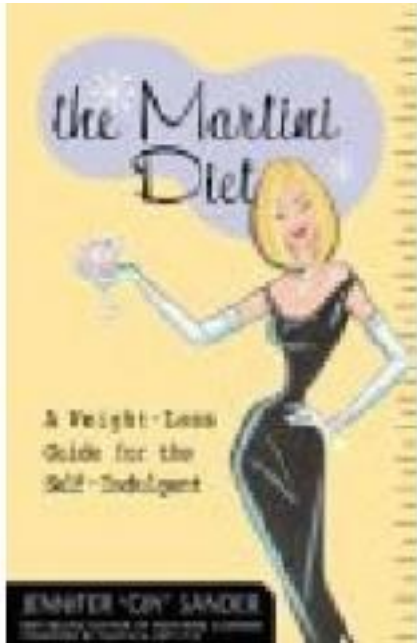


The Martini Diet: The Self-Indulgent Way to a Thinner, More Fabulous You!



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Book Description There's a yet another new Harvard study out that shows that regular moderate drinking can lower your risk of heart attack. This study, which followed 40, 000 men for twelve years, found out that those who drank one or two alcoholic drinks 5 to 7 days a week lowered their risk of heart attack 30 percent. (Women also benefit but they must weigh those benefits against the risk of breast cancer. Still, far more women die of heart disease than breast cancer.) Similar studies show that caffeine is good for you, as is red meat and salmon and red wine and anything dipped in olive oil. The truth is, good food and drink is good for you. So why deprive

yourself? Think of the most self-indulgent people you know the ones who never miss their morning lattes and their evening martinis, dine at the best restaurants, hire personal trainers, indulge in weekly massages and facials. Odds are they're as thin as they are spoiled. This book will uncover the reasons why some of the most indulgent people are also the healthiest (like the French Paradox, which explored why French people can eat so much rich food and drink so much wine and still be thin and have low rates of heart disease). So spoil yourself thin with The Martini Diet. Inside you'll find all the ways in which you can indulge yourself and get into shape at the same time. Not only will you live longer, you'll have a heck of a lot more fun. About the Author Jennifer "Gin" Sander is the author of more than a dozen books, including The New York Times best-selling series CHRISTMAS MIRACLES and Fair Winds' own WEAR MORE CASHMERE. She has appeared on The View and C-SPAN's BookTV, and has been featured in Cosmopolitan, USA Today, New York Newsday, the Boston Globe, the Los Angeles Times, and more. She lives in Northern California.

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