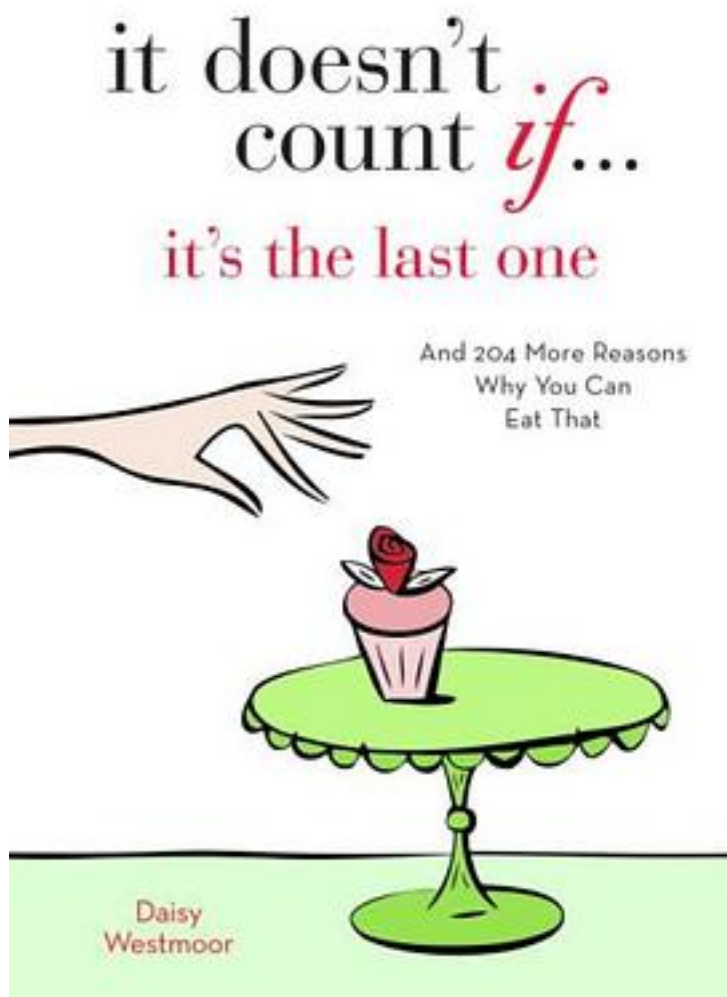


It Doesn't Count If . . .



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There's nothing fun about dieting.

Except cheating!

Never fear when the craving hits for that emergency chocolate hidden in your drawer. Inside this delicious little book, you'll find your greatest hopes realized: more than 200 reasons why you can eat what you want without a hint of guilt. You already know that it doesn't count if you take it off someone else's plate. Now there's more good news: It doesn't count if you worked out within twelve hours of eating it. Or if you're having a bad hair day!

Your real diet may start tomorrow. But for now, this book is a wonderful (and calorie-free!) way to pretend.

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