



Stress Less, Weigh Less: Follow Holly to Increase Energy, Eat the Food You Love, and Enjoy an Ageless Body

Holly Mosier

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Practical, smart, thoroughly researched and full of no-nonsense tips that fit easily into our busy lives, *Stress Less, Weigh Less* is a groundbreaking weight loss book.

Healthy lifestyle expert Holly Mosier shows us we do not need to make weight loss difficult; we can eat the foods we love, exercise smarter, and get and maintain the body we always wanted by reducing stress, the culprit to yo-yo dieting, belly fat and mid-life weight gain.

Working through the mind-body connection, Holly shows us that by "opting-out" of unnecessary and unfulfilling activities that rob our time and leave us depleted, we can peacefully create the bodies and lives we love.

Stress Less, Weigh Less introduces readers to practical stress reduction tools and beautiful photo-illustrated yoga exercises that will help them find mental stress relief, the answer to permanent weight control.

The author also serves up an extraordinary five-ingredients-or-less culinary guide that transcends the usual lettuce-leaf diet and easy-to-implement workouts that any busy reader can follow. A clearly mapped thirty-day, habit changing program gets readers into a new routine, and recipes show them how to combine everyday ingredients into delicious, quick, and healthy meals that will keep them on the path to total health without adding extra stress to mealtime.

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