

## Sassy Gal's How to Lose the Last Damn 10 Pounds or 15, 20, 25...

### Points of Interest about the Book's Content for possible articles:

1. Laugh your way to success! Delete the negative words diet and exercise and replace them with positive, humorous phrases such as "Big Kitako Removal" (Kitako is butt in Swahili). Join people all over the world- including Oprah!- in creating new words for diet and exercise in every language.

2. Vegan, Vegetarian, Omnivore, Vegevore? What the hell is a Vegevore? Vegevores eat mostly plants and small amounts of animal and animal products (e.g. dairy) Vegevores stress that their mantra is their love of vegetables rather than hatred for meat. Their mission is to have vegetables occupy most of the plate, adding meat for flavor only.

3. Sassy Gal, Sharon Helbert lost weight because Oprah gained weight. Having watched the Oprah show for about 25 years, Sharon was stunned that her TV idol had gained weight again. How could this celebrity with all her money, power, personal trainers, chefs, and personal assistants not help her maintain her ideal weight? (article from *O, The Oprah Magazine*, "How Did I Let This Happen Again?") If Oprah couldn't do it, Sharon wondered how the hell she could. After many years of dieting ups and downs, this was a pivotal moment for Sharon that led her towards her own personal journey to find out why she had gained weight and what realistic plan would work for her to lose the weight.

4. Chocolate included in a diet book? Sassy Gal, Sharon Helbert believes chocolate is important to our lives and we shouldn't mess with it. She believes it is a gift from nature, and we should enjoy it. She also believes that although chocolate-flavored foods may be a brilliant marketing plan, we shouldn't be fooled by foods that are disguised to look or taste like dessert. Adding chocolate to a product makes the item a dessert, so you might as well have a piece of chocolate cake instead. "Keep chocolate as the aphrodisiac that it is meant to be. You can eat real decadent chocolate and still lose weight", according to Sharon.

5. Get out of the way loud-mouthed skinny girls, ridiculous diet gurus, and torturous fitness experts- here comes Sassy Gal! (with a clever new approach to losing weight you will actually want to follow) Forget the ridiculous miracle diets, survival type food plans and strenuous exercise that lead most of us to say "To hell with it all!" This lifestyle plan encourages laughter as a pathway to success. Is also being a Vegan too damn hard? Then try Sassy Gal's Vegevore lifestyle so you can eat it all! The Vegevore lifestyle drastically reduces the amount of meats in one's diet, but still allows for some guilty pleasures. This lifestyle is definitely easier to maintain.