

Water with Lemon Frequently Asked Questions

Q: Tell us about “*Water with Lemon.*” What is this book about?

A: *Water with Lemon* is a new genre – a health novel. It’s the story of diet-free, guilt-free weight loss. It’s a book about eating; eating to gain health, eating to increase energy, eating to lose weight. It’s a compelling story of personal transformation with characters we can all relate to. Through Karen, Fowler and Janice, *Water with Lemon* teaches you how to make food your ally instead of your enemy.

Unlike preachy diet books filled with structured plans, this book models the emotional challenge of turning knowing into doing. It is emotional reading about emotional eating; a romance story in which the heroine falls in love with herself. Learning from Fowler and living through Karen, readers walk away with the knowledge and inspiration to conquer their own weight struggles in a way no previous book as ever delivered.

Q: What is the Power of One Good Habit?

A: It’s about one change. When you make one healthy change in your daily life, the results over time are huge! For example, if you trade just one 12-ounce can of regular soda or beer for water each day; while you won’t weigh less the next day, over a year’s time, that calorie savings alone adds up to a 15-pound weight loss in a year.

Q: Who are the characters based on?

A: There’s a little bit of the *Water with Lemon* characters in all of us. Anyone who has ever struggled with yo-yo dieting or given up entire food groups for a quick-fix weight loss will immediately identify with these characters.

Q: If these habits are so simple, why aren’t we doing them already?

A: Number one: we don’t believe that simple changes will work because we’ve been seduced by the diet mentality. Number two: there’s a difference between knowing and doing. We all know we should eat more fruits and vegetables, lay off sweets and drink more water. But how do we do it? *Water with Lemon* is a story that gives readers an action plan to turn knowing into doing.