



The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can Too!

By Maria Menounos



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NEW YORK TIMES BESTSELLER • From Maria Menounos, self-proclaimed EveryGirl and host of *E! News*, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think “smarter, simpler, healthier”—a personal mantra that helped the star lose (and keep off!) forty pounds.

TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fads—with zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape.

Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world’s leading health and fitness experts—as well as the glamorous, superfit superstars she interviews regularly—Maria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: *The EveryGirl’s Guide to Diet and Fitness*.

Inside, you’ll discover all of Maria’s secrets:

- her 9-step plan for losing weight fast
- her lifelong plan for health and well-being
- a complete blueprint for rebuilding your physical and emotional foundation
- healthy, delicious, and easy-to-prepare recipes
- the quickest, easiest, most effective workouts (no gym or trainer required!)
- 1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way
- how to do it all when time and money are in short supply

The EveryGirl’s Guide to Diet and Fitness is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the

time, money, or willpower to change. It's not merely a weight-loss book. It's a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life!

Praise for *The EveryGirl's Guide to Diet and Fitness*

“With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . . Maria Menounos lost forty pounds on a ‘common-sense’ diet, exercise and lifestyle regime she created that doesn’t require a lot of money and time.”—***StyleBistro***

“When you look at Maria you want what she’s having. This book tells you how to get it.”—**Suzanne Somers**

“I love Maria’s approach to health and fitness. Her tips are easy to follow and she proves you don’t have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!”—**Serena Williams**

“For the multitasking busy girl, Maria proves by example that it can be done! Maria is very inspiring.”—**Kim Kardashian**

“It’s not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape.”—**Khloé Kardashian**

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Editorial Review

Review

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About the Author

Maria Menounos is an actor, reporter, television personality, filmmaker, producer, and *New York Times* bestselling author of *The EveryGirl’s Guide to Life*. The host of *Extra* since 2011, her acting credits include *One Tree Hill*, *Entourage*, *Scrubs*, *The Mindy Project*, *Louie*, and *Fantastic Four*. She was a semi-finalist on *Dancing with the Stars* and is a semi-professional wrestler with the World Wrestling Federation. She’s the CEO and executive producer of AfterbuzzTV.com and BlackHollywoodLive.com and stars in the upcoming series *Chasing Maria Menounos* on Oxygen.

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Jennie Miller:

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Edward Knudsen:

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