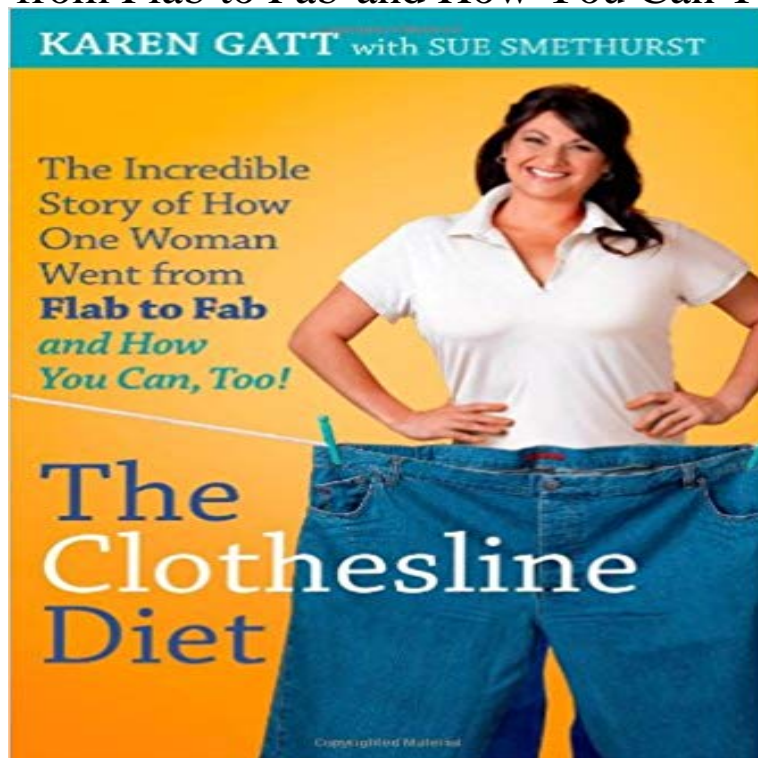


The Clothesline Diet: The Incredible Story of How One Woman Went from Flab to Fab-and How You Can Too!



At twenty-six years old, with two toddlers to care for, Karen Gatt weighed nearly 300 pounds. She tried diet after diet, only to find the scale tipping ever higher. Depressed and disgusted with herself, Karen was at the breaking point. It was time to change her life. Barely able to walk to the mailbox, she forced herself to walk around the clothesline in her backyard every day. She cleaned out her cupboards and designed a healthy, easy-to-follow eating plan. And in just one year she walked off an incredible 150 pounds! Today Karen is a new woman. She's kept the weight off for eight years and her diet has helped thousands of people all over the world lose weight for good with no pills, no potions and no gimmicks. In *The Clothesline Diet*, you'll find all the practical tools you need to get off the diet roller coaster.

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