

**Anita Revel**

**The Goddess D.I.E.T.**

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### The Goddess D.I.E.T.

Australian author Anita Revel, is chomping through the word diet with wit, wisdom and sheer inspiration.

Having lost her favourite jeans to the dreaded muffin-top, yet still unable to resist the pleasures of the food cupboard, Anita swallowed all her well-meaning measures to become a shadow of her former self. Instead of embarking on yet another fruitless diet, she wrote the immensely popular: **The Goddess D.I.E.T.**

But... this is not to be confused with the punishment diet. Anita's revolutionary diet is not about starvation, regimen, sweat or sacrifice. This new D.I.E.T. is an acronym for Daily, Intentional, Empowerment, Tools.

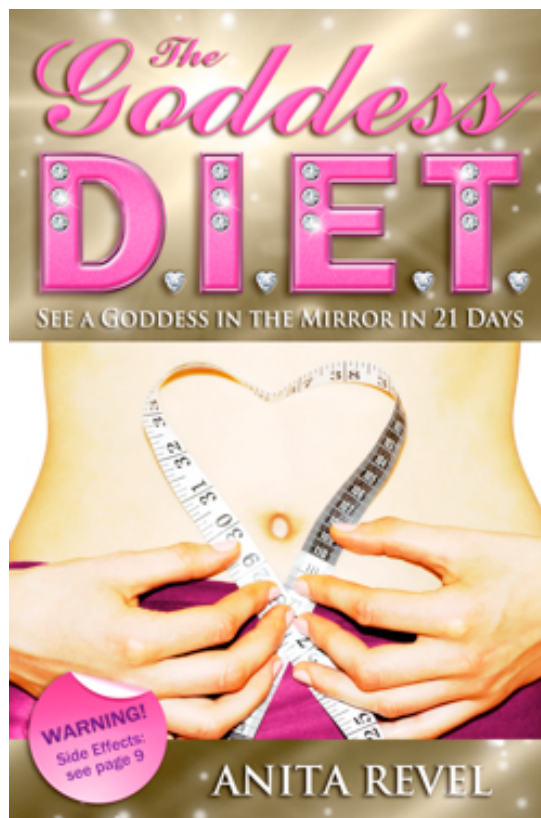
"It is a reward for following a responsible, easy and holistic approach to good health and a happy life," says Anita who warns women will be throwing out their toxic bad habits and giving the inner critic the flick.

The book gives women everywhere the opportunity to read and digest how food and food types affect their body and health, and how the right combination of food, fitness and attitude makes a woman feel great and comfortable in her own skin.

The mind does not escape Anita's proven words of wisdom. This D.I.E.T. dedicates a sizeable section to re-training the mind and attitude so health can be seen as easy and achievable.

"The side-effect of the diet is that women get to see a goddess when they look in the mirror after 21 days," says Anita, "and it all happens with just a bit of positive power and a genuine desire to take control of your life."

Self-sabotage, habits of self-criticism and self-destruction is chewed up and spat out. Deferred blame and gratitude is sliced through and empowerment dished up in its place!



What's even more palatable is that Anita is adamant every woman can savour this D.I.E.T. over a life-changing 21 days.

A word of warning – there are serious side effects when feeding off this D.I.E.T. and its principles!

Women all over will be throwing out their old addictions, bad habits and obsessive and automatic behaviours. Instead they will have revived passion for living; unprecedented feelings of self-respect; easy weight regulation; effortless energy throughout the day; multitudes of women asking for their secret; earth-shattering sense of peace and well-being; bursts of random happiness and a healthy attitude in all aspects of life.

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### About the Author:

Anita, with her scientific background, took advice from associate professors and researchers for information when compiling this book. A rampant foodie, she gave away the cakes in favour of 'good food', became heady from the bubbles of life (as well as sticking to her favourite champagne) – and, sampled all the fodder she included in this book.

This mother-of-two, who lives in an idyllic corner of Western Australia, took to exercise and changed her mind state. She forfeited the D-cups as she conquered habits that were making her fat, re-discovered her libido and gained... enormously on emotional and spiritual levels too.

The Goddess D.I.E.T. is a proven companion to beating the blues and the blubber!

Grab a copy.

### Websites and More Info

Check out the author's homepage: **AnitaRevel.com**

Media resources and information at the book's page: **TheGoddessDiet.com**

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*Books are available on request. Anita Revel is available for interviews. For further information, please c.t Linda Burgess Parkes, Eyes On You Media.  
linda@eyesonyoumedia.com, Mobile: 0437 594 987*