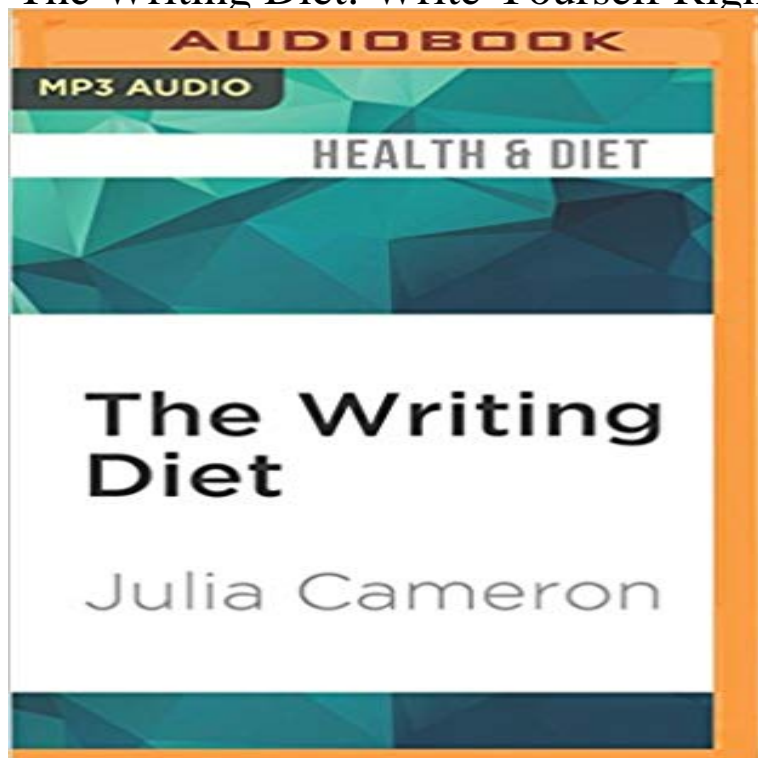


The Writing Diet: Write Yourself Right-Size



Julia Cameron, author of *The Artist's Way*, offers a revolutionary diet plan: Use writing to take off the pounds! Over the course of the past twenty-five years, Julia Cameron has taught thousands of artists and aspiring artists how to unblock wellsprings of creativity. And time and again she has noticed an interesting thing: Often when her students uncover their creative selves they also undergo a surprising physical transformation? invigorated by their work, they slim down. In *The Writing Diet*, Cameron illuminates the relationship between creativity and eating to reveal a crucial equation: Creativity can block overeating. This inspiring weight-loss program directs listeners to count words instead of calories, to substitute their writings for food for thought for actual food. *The Writing Diet* presents a brilliant plan for using one of the soul's deepest and most abiding appetites? the desire to be creative? to lose weight and keep it off forever.

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