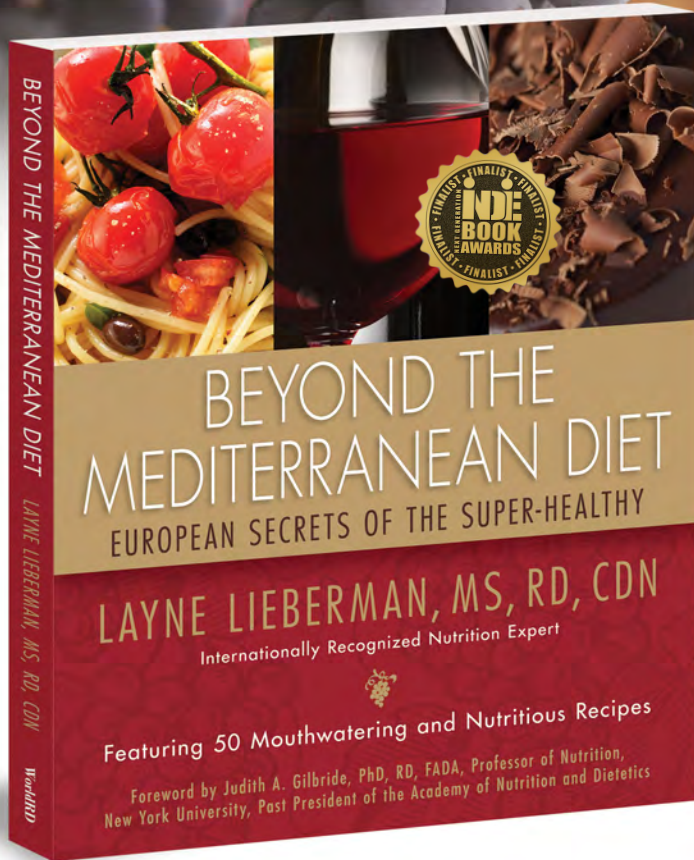


It's true! You can become slender and healthy while enjoying pasta, chocolate, cheese, bread and wine!



Internationally recognized nutrition expert Layne Lieberman, MS, RD, CDN, shows you how in her exciting new book—

Beyond The Mediterranean Diet: European Secrets Of The Super-Healthy.

Foreword by Judith A. Gilbride, PhD, RD, FADA, Professor of Nutrition, NYU, Past President of the Academy of Nutrition and Dietetics

ABOUT THE AUTHOR

Layne Lieberman, MS, RD, CDN, is an award-winning registered dietitian and member of the Academy of Nutrition and Dietetics. She is a consumer advocate and innovator in the food, supermarket, restaurant and health industries. For 20 years, Layne has been a pioneering nutritionist guiding conventional supermarkets into selling organic and natural foods as mainstream offerings.

Recently, she spent two years abroad to study food, health and the dietary habits of other countries. Collaborating with European chefs and locals, Layne discovered a way to prevent obesity and boost health without giving up the pleasure of enjoying the finest food.

Layne holds a Bachelor of Science degree in Nutritional Biochemistry from Cornell University and a Master of Science degree in Clinical Nutrition from New York University. She completed both an internship and fellowship at the Albert Einstein College of Medicine and trained at the Culinary Institute of America.



Award-winning registered dietitian Layne Lieberman discovered that three European countries were leaders in longevity, with very low rates of heart disease, obesity and diabetes. And yet, these countries—Italy, France and Switzerland—boast some of the world's most decadent foods.

Layne traveled to Europe to learn firsthand just how these countries could combine superb food, a relaxed lifestyle and exceptional health. Now, she shares her findings with readers who face the daily temptations of processed foods loaded with fat, sugar and salt.

To help readers avoid becoming part of the worldwide obesity epidemic, Layne has written *Beyond The Mediterranean Diet: European Secrets Of The Super-Healthy*. In it, she reveals how to make Europe's health secrets work for you—wherever you live!

For everyone who has ever said, "I want to be slim and healthy again"—without giving up the pleasures of delicious food—this book shows how to make their wishes come true!



LAYNE (CENTER) WITH PAUL BOCUSE (LEFT) AND GILLES REINHARDT (RIGHT) AT THE PAUL BOCUSE RESTAURANT, LYON, FRANCE, 2012

TESTIMONIALS

"Beyond The Mediterranean Diet, European Secrets Of The Super-Healthy, explains how to be health-conscious without giving up the enjoyment of fine food."

—**Mathieu Viannay, Michelin-starred chef, owner of the famous Mère Brazier restaurant, Lyon, France**

"Layne shows us that eating healthy is a lifestyle, not a fashion statement. Eating well means knowing your ingredients and choosing high quality food. Mangia!"

—**Alessandro Negrini and Fabio Pisani, Michelin-starred chefs, Il Luogo di Aimo e Nadia restaurant, Milan, Italy**

"Layne, a true gourmand with a keen interest and devotion to food, is the most creative nutritionist in her field."

—**Starr Boggs, Zagat-rated chef and owner of Starr Boggs restaurant, Westhampton Beach, NY**

"Layne has been a pioneering nutritionist supporting the organic and natural foods movement since the '80s."

—**Irwin Simon, Founder, Chairman and CEO of The Hain Celestial Group, Inc.**

"Layne hits the mark with tips for staying slim and healthy, and recipes featuring fresh, local, delicious food."

—**Mark Retzlaff, CEO and Founder of Alfalfa's Markets, Founder of Horizon Organic Dairy**

"Layne has done a great job using a lessons-learned approach as she encourages readers to adopt a more European style of eating,"

—**Dr. Judith Wylie-Rosett, Professor and Division Head for Health Promotion and Nutrition Research, Albert Einstein College of Medicine**

"Layne has been a visionary food and nutrition consultant for Baby Moon Italian Restaurant for over 20 years. Our Hamptons celebrity patrons can't get enough of her mouthwatering offerings."

—**John Gambino, Owner, Baby Moon Restaurant, Westhampton Beach, NY**

SAMPLE INTERIOR PAGES



FEATURING 50 MOUTHWATERING AND NUTRITIOUS RECIPES

BOOK INFORMATION

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MEDIA INFORMATION

Email: Layne@WorldRD.com

516.729.1006



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