

FOR IMMEDIATE RELEASE

**NEW DIET A TRIPLE WONDER: REDUCES WEIGHT, IMPROVES HEALTH,
AND FIGHTS TODAY'S RISING STRESS LEVELS**

GREAT FALLS, VA — January 6, 2009 — The American Psychiatric Association says 8 out of 10 Americans are significantly stressed by the economy. Job losses, declining stock and housing markets, terrorism, lack of health insurance, and global instability are all major concerns in this day and age. Worse, the stress resulting from these problems can make us fat and sick: Stress causes obesity, which can lead to diabetes, heart disease, high blood pressure, cancer, and even death.

So why does stress make us put on weight? Stress eating, a common but little understood problem, is the culprit, causing us to overindulge in candy, cookies, sugar, and refined carbohydrates. Not only are these foods often high in calories, but they also can make our blood sugar dip so low we want to eat even more. And women are especially at risk: 82% of them overeat versus 71% of men.

*A new book, **The Stress Eater Diet***, aims to stop this harmful cycle. This unique program—created by Robert B. Posner, M.D. and top nutritionist Linda Hlivka explains the dangers of stress eating and provides a solution to reduce and eliminate it. It also consists of sound nutritional advice and plans, exercise suggestions, and expert calming techniques to reduce stress and increase metabolism. Together, Posner and Hlivka have helped thousands lose weight, reduce stress, and lead happier, healthier lives.

The Stress Eater Diet will be published January 16 and buzz is already building—the book has recently been featured in *Woman's World* magazine. Now is the perfect time for your readers to learn about it too, since many have made resolutions to lose weight in 2009. Request a free review copy of the book that is bound to be a major seller by going to <http://www.stresseaterdiet.com/reviewcopy.html>. Our authors are also available for interviews. *The Stress Eater Diet* (published by LINX; ISBN-10 0980211840/ISBN-13: 978-0980211849; list price: \$14) can currently be pre-ordered on Amazon.com, Barnesandnoble.com, and through all major bookstore chains. LINX is a publisher that develops books and community-based support Web sites.

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