



# **1 Thing Diet: It Doesn't Get Any Simpler....Straight-Forward Information That Can Change Your Life**

*Mary Savoye-Desanti Rd CD-N Cde*

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It doesn't get any simpler than this... A short, no-nonsense book guaranteed to help the person who has tried every diet book on the market. Throughout the world, our waistbands are getting wider and we are paying a dear price: poor health and quality of life. Because of the connection between obesity and diabetes, the number of people with diabetes is expected to double by 2030. Weight loss significantly decreases the risk of developing conditions such as diabetes, high blood pressure, and high cholesterol. Why can't people lose weight and avoid obesity-related health problems? Information about diet and exercise can be so confusing for people and the suggestions too laborious and unrealistic. The 1 Thing "Diet," written by a leading authority in the fields of obesity and diabetes, embraces the reader through its simplicity and light-hearted style. The book strives to give the basics about nutrition, exercise, and behavior, while giving simple suggestions for making one lifestyle change in any of these areas. One lifestyle change truly can lead to weight loss and any amount of weight loss can lead to better health. Read about the many successful stories of the real-life 1 Thing "Dieters!"

**Author Biography:** Mary Savoye-DeSanti, RD, CD-N, CDE, is a leading authority in the fields of obesity and diabetes in her clinical and research capacity at Yale University, School of Medicine. With 20 years of experience, she has published several research articles in prestigious medical journals such as the Journal of the American Medical Association and has written chapters in textbooks published by Lippincott. She has developed the Bright Bodies Weight Management Program, a healthy lifestyle program for families with overweight children used throughout the world and cited by the international Cochrane Review and meta-analyses as the most successful pediatric weight management program. She has also written a weight management curriculum, Smart Moves, which is being used internationally as well. She has been featured in magazines such as Nursing and Good Housekeeping and has appeared on local, national, and international television. She is an international speaker for her position at Yale, her company Smart Moves, and the various consulting positions she holds. Ms. Savoye-DeSanti received her BS in Dietetics from Saint Joseph College in West Hartford, Connecticut, and currently attends Southern Connecticut State University where she pursues an MS in Counseling. She lives in Hamden, Connecticut, with her husband and three children. Visit her websites at [www.brightbodies.org](http://www.brightbodies.org), [www.smartmovesforkids.com](http://www.smartmovesforkids.com), and [www.1thingdiet.com](http://www.1thingdiet.com).

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