



Real Moms Love to Eat: How to Conduct a Love Affair with Food, Lose Weight and Feel Fabulous

Beth Aldrich, Eve Adamson

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Beth Aldrich, author of, *Real Moms Love to Eat* wants you to conduct a love affair with food and still look fabulous by simply working through her easy-to-follow 10-part plan of making over your entire outlook and relationship with food. You have to eat at least three times a day, so why not love what you're eating and feed yourself food that will love you back? Discover new and interesting ways to prepare and "get involved" with food; complete with 21-days of satisfying and delicious meal suggestions, this funny book will find a permanent spot on your bedside table or kitchen counter. Real Moms really DO love to eat!

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