

The Book Loft Review

TWO BOOKS WITH LOCAL CONNECTIONS

1 WEIGHT LOSS PLAN

2 FRIENDS

3 WEEKS

Using the Buddy System to Fight Fat

by Stacey Wein and April Paine (\$9.99)

No shortage of diet books, that goes without saying. But let me say...have we got a diet book for you! It's new and has a lot going for it. It is well designed, sensible, short, humorous, effective and reasonably priced. Plus, it has a strong local connection. You should come in and have a look.

1 Weight Loss Plan, 2 Friends, 3 Weeks: Using the Buddy System to Fight Fat by Stacey Wein and April Paine is an entertaining, personal guide based on two best friends' battle against late night snacks and early morning doughnuts. It's a real life account of their weight loss journey retold through shared journal entries about dieting pitfalls, and includes a guide that details how others can learn to live a healthy lifestyle too, with the help of a friend.

Stacey Wein, a writer and artist, is a graduate of SYVHS and the oldest daughter of long-time Santa Ynez Valley residents Linda and David Goldstien. She now lives in the Los Angeles area with her husband and three children.

Her eating plan is far from draconian. As Mrs. Wein emphasizes, "My frequent trips back to the Valley to visit family and friends usually include stops in Solvang for æbleskiver or fudge. I make no apologies for that!"

- Kathy

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