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"The Little Book of Thin": How to avoid the dieting booby ...

In "The Little Book of Thin," nutritionist Lauren Slayton, founder of Foodtrainers, shares practical and effective tips on losing the weight and keeping it off.

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Andrea's Wellness Notes: The Little Book of Thin

The Little Book of Thin I've been reading Lauren's Foodtrainers blog for years, and when she announced that she was writing a book I was excited. Lauren is the founder of a New York City nutrition practice, and I really enjoy reading her blog, which covers nutrition as well as other topics.

The Little Book of Thin: Foodtrainers Plan-It-To-Lose-It ...

The Little Book of Thin is super fun and easy to read with down to earth and practical tips. I especially love the 10 steps to svelte which sets you up with the basics. It uncomplicates all the dieting drama and healthy eating advice out there. Love it!!!

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