

Eat Right and Thrive!

Powerful Patient, 2010 Week 45

Host: Joyce Graff, <http://powerfulpatient.org>, editor@vhl.org 800-767-4845

Kevin Graham, author of *Weight Loss Empowerment: 50 Ways to Lose Your Luggage*, talks with Joyce about the best indicators of overall health and well-being. Kevin will raise your spirits and empower you to enjoy the holidays without guilt as he reveals how to prepare for a holiday get-together, why it's good to feel hungry, and how to make fat people look skinny -- instantly!

