



# **The Vice-Busting Diet: A 12-Week Plan to Break Your Worst Food Habits and Change Your Life Forever**

*Julia Griggs Havey, Dr. J. Patrick Havey*

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Julia Havey has lost 130 pounds and kept it off for ten years. She's discovered the key to losing weight and keeping it off--small changes add up to big results. Unlike other diets that ask you to overhaul eating habits or eliminate food groups, *The Vice-Busting Diet* allows readers to discover what's getting in the way of weight loss. Whether it's soda, fast food, sweets or another temptation, Julia Havey teaches you how to eliminate it and replace it with a healthy alternative--with practical advice and a healthy dose of motivation.

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