



# **The No S Diet: The Strikingly Simple Weight-Loss Strategy That Has Dieters Raving--and Dropping Pounds**

*Reinhard Engels, Ben Kallen*

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**No Snacks. No Sweets. No Seconds.\***

**\*Except on days that start with S (Saturdays, Sundays, and Special days).**

Developed by a problem-solving software engineer who was tired of diets that are too hard to stick with, *The No-S Diet* has attracted a passionate following online thanks to its elegant simplicity--and its results. Unlike fad diets based on gimmicks that lead to short-term weight-loss followed by backsliding and failure, *The No-S Diet* is a maintainable life plan that reminds us of the commonsense, conscious way we all know we should be eating.

The book offers readers the tips, tricks, techniques and testimonials they'll need to stick with No-S for life

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