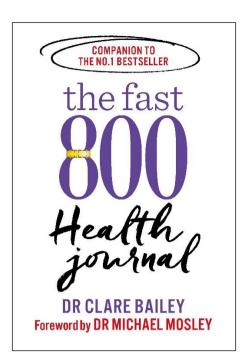
PRESS RELEASE





the fast 800 Health Journal Dr Clare Bailey Foreword by Dr Michael Mosley

Short Books paperback £9.99 2nd January 2020

Essential companion to the No. 1 bestseller

As we all know, losing weight is not just about 'calories in and calories out'. We all have different needs and different demands in our lives. In the end, the best diet is the one you can stick to and which fits best in your life. This is where food journaling comes in.

Keeping a food journal has been shown to be a particularly useful tool for personal change – not only to help with weight loss, but to make us generally more mindful of what we eat, how we eat it, and why.

From the foreword by Michael Mosley

Dr Michael Mosley's bestselling **The Fast 800** book presented a new approach to intermittent fasting, weight-loss and healthy eating, based on a low-carb, high-protein Mediterranean-style diet. It followed studies that showed that 800 calories a day is the key to successful dieting - an amount that is high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes. Now Dr Clare Bailey has created **The Fast 800 Health Journal** for anyone wanting to follow the Fast 800 plan and stick to it.

This easy-to-use, 12-week journal enables you to:

- Plan meals and shopping lists new Fast 800 recipes included
- Record calories and factor in upcoming events
- Set goals and reflect on the outcomes
- Track activity levels
- Monitor your mood, eating and sleep habits
- Celebrate key achievements

PRESS RELEASE



The journal contains delicious new recipes, motivational tips and weekly reminders to keep you on track and successfully reach your healthy living goal.

About the authors:

Clare Bailey, wife of Michael Mosley, is a GP who has supported hundreds of patients to lose weight, reduce their blood sugars and put their diabetes into remission at her surgery in Buckinghamshire. She is the author of the bestselling Fast 800 Recipe Book, The 8-Week Blood Sugar Diet Recipe Book and The Clever Guts Diet Recipe Book.

Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of The Fast Diet, The 8-Week Blood Sugar Diet, The Clever Guts Diet and The Fast 800. He is married with four children. 3 million copies of Michael Mosley titles have sold internationally with rights sold in more than 40 territories worldwide.

Dr Clare Bailey and Dr Michael Mosley are available for interview

Extracts are available

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