



Xtensity: Why 5% of Dieters Succeed

Judy Corstjens

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Xtensity: Why 5% of Dieters Succeed Judy Corstjens

Author Judy Corstjens dishes out a big helping of drama and plenty of food for thought in *Xtensity: Why 5% of Dieters Succeed*, a radically original diet book that inspires and informs in equal measure. *Xtensity* is a self-help book wrapped in a captivating tale about two plump girls who work for an advertising firm with clients such as McDonald's and Mars. There's Jane and then there's Faith and the irony is that while they battle the bulge, the fatty food industry is also their bread and butter. Day in, day out, they work to sell the intense foods that in turn defeat their own attempts to slim. It isn't until they piece together the logic of why calorie counting never works and how their own clients create the foods that drive obesity, that they devise a workable plan to lose their excess pounds. What follows is a sympathetic and heartfelt plight as one friend pulls it together to trim down and the other elects to embrace a fuller figure – putting a strain on their own friendship.

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