



Praise for The California Wine Country Diet

"I can really identify with this book and its simple and straightforward philosophy. It's as much about taking the time to cook and eat seasonally and locally, and toasting with a good glass of wine, as it is about enjoying everything in moderation. This is a guide for everyone no matter where you live. Cheers!" — Joanne Weir, chef, author of *Weir Cooking: Recipes from the Wine Country* and host of *Weir Cooking in the City*

"The answer to all our dreams...nutritionally balanced, yet pleasurable! Hurrah!" — Printha Platt, Little River Inn, Mendocino, California

"...If you love the Wine Country and love reading about it, this is the diet book for you. Plus you get to try out recipes from some of California's edgiest restaurants." — *San Jose Mercury News*

"People think wine and sumptuous food cannot be a daily part of their lives. But they can, as Dr. Logan teaches." — John Ash, chef and author of the 2005 James Beard Foundation Award-winning *John Ash: Cooking One-on-One: Private Lessons From a Master Teacher*

"Rarely have I found a plan so sound yet so simple."
— Cindy Moore, *The Plain Dealer*, www.cleveland.com

"Now you can enjoy a *Sideways* wine and food trip through the California wine country while losing weight. What could be better!"
— Nat Ely, executive chef of the Los Olivos Café, featured in the Golden Globe-winning film *Sideways*

"Balance, diversity, and quality give us the life we hope for, and it is wonderful to find a diet program that embraces this concept."
— Paul Dolan, author of *True to Our Roots: Fermenting a Business Revolution*

The California Wine Country Diet teaches you how moderation doesn't have to be a struggle." — Sylvie Greil, Gayot.com

"*The California Wine Country Diet* by Haven Logan is the real deal. It's a book about weight loss and weight management that actually covers all the bases." — Jim Foster, www.diet-blog.com