

FOR IMMEDIATE RELEASE
Category: News Feature

**A leading dietitian's unique journey from overweight to
permanent weight control, naturally**
Unveiling a proven easy-to-follow way of living that puts you in control of your weight

Susan Burke March is so different, because she inspires us with her personal weight control triumph as well as her professional expertise. David Katz, Director, Yale University School of Medicine, says "Being thin and healthy, eating what you like yet liking yourself, and controlling your weight without fixating on it for the rest of your life are not about natural gifts, but about the gift of knowing how. That's a gift you can give yourself—by reading Susan's Making Weight Control Second Nature" (Mansion Grove House, \$26.95, ISBN 9781932421194, <http://SusanBurkeMarch.com>).

Susan's Making Weight Control Second Nature, allows you to be that person, who makes deliberate choices—one day at a time, one meal at a time, one food at a time, and one walk at a time. With a mixture of good sense, a sense of humor, stories from her personal struggle with weight control, and the insights from a bevy of health professionals, Susan offers up a easy-to-follow recipe for successful weight control for life.

About Susan: She served as chief clinical nutrition manager at Mt. Sinai Hospital of Queens, New York. She changed gears when in 1999 she accepted a position at eDiets.com. As vice president of nutrition services, Susan worked to help create a roster of innovative healthy weight programs that are today commonplace in the weight management industry. Susan holds a masters degree in Nutrition Education from Queens College. Susan is a certified diabetes educator, and shares her expertise contributing hundreds of media articles and volunteers as media representative for the Florida Dietetic Association. Susan serves as External Relations Assistant Director for the Weight Management Dietetic Practice Group, a professional practice group of the American Dietetic Association. (Susan can be contacted by email: susan@susanburkemarch.com)

Here's to living thin, naturally. "Making Weight Control Second Nature" by Susan Burke March is available at Amazon, Barnes & Noble, Borders, and other leading bookstores worldwide.

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- This media release, print-ready images are downloadable at <http://MansionGroveHouse.com>
- Susan Burke March resides in Florida and can be contacted for interviews and features at susan@susanburkemarch.com
- Please checkmark if you would like a review copy of the book. Fax to 512.366.9012 or email media@mansiongrovehouse.com. Your shipping address:
