

What Has Dr. Shook Been Reading?

Feel Good Naked, 10 No-Diet Secrets To A Fabulous Body.

By Laure Redmond.

Published by Fair Winds Press 2002

Feel Good Naked, 10 No-Diet Secrets To A Fabulous Body. is about nurturing the body and making the care and feeding of your own body a priority on a par with work, soccer practice or a doctor's appointment. It is a book written by a woman for women with the goal of bringing balance to a life that is out of control and banishing body hatred. Body hatred is a disease author Laure Redmond feels affects the vast majority of American woman.

The no-diet secrets include suggestions such as secret #2, "drink water, drink water, drink water" not soda. Secret #7 suggests setting aside 5 minutes each day to breathe consciously. Secret #1 "Don't deprive yourself. Treat yourself once a week", encourages the reader to abandon any diet or program that eliminates any food group or promises quick results. Redmond repeatedly reminds the reader that rapid weight loss leads to rapid weight gain. This is not a book about calories, carbohydrates or fats, and while food is discussed, it is not a book about dieting.

I particularly liked secret #4, the recommendation to schedule fitness appointments in writing each week. And I was a bit appalled at my resistance to secret #5 "stop eating in front of the TV."

Each secret is accompanied by a story based on the experiences of Redmond or her fitness clients. Each of these stories tells of a woman who is struggling with a negative body image, a health issue, a relationship or a life that is out of control. By incorporating the *Look Great Naked* secrets into their lives control is gained, relationships are saved, health restored and a damaging body image is mended.

More than anything else this is a motivational book; a book about attitude. I will recommend it to women struggling with a negative self-image or whose lives seem out of control.

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