



Media Questions for The B+ Diet

- Why did you write this book?
- What's your weight loss to date?
- Why is this book entitled the B+ Diet?
- Why do you say that there are no cheat days?
- Why is letting go of perfection so important to you?
- Whoa! You say to weigh yourself daily? Why?
- You're a believer in keeping a food diary. Why?
- Tell us more about why you despise the "all or nothing" mentality?
- Is this a lose weight quick program?

What is the biggest aha takeaway from your book?

- Do you have to be vegan to enjoy the B+ Diet?
- You say that the B+ Diet is a "no judgment zone;" what do you mean by that?
- You also coach weight loss clients, right? Why?
- What's your fave food for success?
- You believe in non-scale victories; what are they?
- This book has a "no snacking" mantra; why?
- So often we find ourselves at places where there isn't good healthy food; what should we do?