

Endorsements for Diet for a New Life

“Diet for a New Life is a brilliant synthesis between scientific research and hands-on advice for achieving permanent weight management. Mariana shows not only how food affects the physical body but more importantly our mood and our relationships.”

— **John Gray, Ph.D.**, author of *Men are from Mars, Women are from Venus* and *Mars & Venus Diet and Exercise Solution*

“Mariana Bozesan, entrepreneur, global activist, philanthropist, mystic, mother, goddess, intellectual, and sage, has written a seminal book for all people who wish to make a difference in this world and who wish to do that while living a healthy, vibrant life. She herself is the real-life model from which the experience of the book is written. She glows with thriving radiant health, she speaks with elegance and eloquence, and she has deeply researched what makes a healthy life and one that is conscious and committed. Although this appears to be a diet book, it is really a life skills book, rooted in spiritual teaching and inspiring stories. Mariana has put the whole struggle with weight, health, and maintaining fitness in the much larger and more inspiring context of living a life in which you thrive from the integrity of knowing who you are. From there you are inspired and empowered to develop practices and ways of being that fully express your best self.

“This book, if you truly follow it, will catapult you into a whole new expression of yourself. You will not only lose weight, but you will gain confidence, vitality, and profound contentment. I recommend that everyone read it, incorporate it, and live it. Mariana has done us all a great service and opened the door for a level of health that goes beyond even our wildest expectations. Bravo!”

— **Lynne Twist**, author of *The Soul of Money*

“Mariana Bozesan is an inspiration to others. To share her story is courageous—to use it to help others is admirable.”

— **Anthony Robbins**, author of *Unlimited Power* and *Awaken the Giant Within*

“Diet for a New Life can be an excellent resource for that special breed of men and women who will never settle for less than they can be. It is an extraordinary tool for achieving weight loss and well-being.”

— **Camran Nezhat, M.D.**, clinical professor of surgery,
Stanford University School of Medicine

“In Diet for a New Life, Mariana Bozesan shows how to reconstruct the blueprint of your body so that you can lose weight, enjoy health and higher levels of vitality, and live a life of joy and fulfillment.”

— **Deepak Chopra, M.D.**, author of *Grow Younger, Live Longer* and *Perfect Weight*

“Diet for a New Life by Mariana Bozesan is a brilliant blend of science, personal practice, commonsensical advice, and hands-on direction for achieving lasting weight loss, health, and vitality. I will highly recommend this book to my BioSET practitioners as well as BioSET patients throughout the world.”

— **Ellen W. Cutler, D.C.**, author of *The Food Allergy Cure* and *MicroMiracles*

“Mariana Bozesan has discovered a secret: that our body has a consciousness of its own and that being fit and healthy means honoring the body’s spirit, the body’s heart, and the body’s needs as you honor your most beloved friend. In Diet for a New Life she teaches you how to get it together on all levels in such an attractive

way that it is impossible to miss! If you make this book your fitness bible you'll have a perfect body and a perfect life IN NO TIME AT ALL!"

— **Margot Anand**, author of *The Art of Everyday Ecstasy*

"Trained and influenced by extraordinary teachers, Mariana Bozesan has created an outstanding, well-researched, practical, and action-oriented guide for weight loss and well-being. Backed up by solid research and animated by a passionate commitment to help and serve, this is a wise book by a woman who speaks from her heart to our deepest yearnings for health and happiness."

— **Riane Eisler**, author of *The Chalice and the Blade* and *The Partnership Way*

"Mariana Bozesan is an awesome person! I knew from the moment I met her that this woman has real soul and incredible beauty! I feel honored to recommend her fantastic book Diet for a New Life, which accurately captures her energy, enthusiasm, and intelligence. Her inspirational book delivers practical advice, and strategies to help you lose weight, feel great, and smile. In fact, reading Mariana's book will help you experience the best day ever!"

— **David Wolfe**, author of *Eating for Beauty* and *Raw Chocolate*

"In this easy-to-digest book, we are reminded of the multiple ways in which body and mind come together in our relationship to food. As we seek to achieve optimum health, readers will find Mariana's insights welcome, obtainable, and delightfully nutritious. Happy reading; happy eating."

— **Marilyn Schlitz, Ph.D.** author of *Conscious Healing*

“This book is an enormous source of information, strength, and weight loss wisdom.”

— **David Morehouse, Ph.D.**, 1999 Nobel Peace Prize nominee and author of *The Psychic Warrior*

“The material in this book represents a powerful quantum leap forward in the self-help technology of weight loss and well-being. It successfully combines the best knowledge and tools available today and approaches weight loss from a comprehensive perspective—not just the physical but the emotional and spiritual dimensions as well.”

— **Howard Martin**, co-author, *The HeartMath Solution*

“Diet for a New Life bursts with astonishing scientific credibility and practical guidelines for concentrating your thoughts, actions, and emotions toward the attainment of your weight loss goals and well-being.”

— **Fred P. Gallo, Ph.D.**, author of *Energy Psychology*

“This book will change your life! What an incredible summarization of today’s great teachers and sages! Mariana gives you the facts and lets you design the lifestyle you want. This is not a diet book but a guided path to well-being and to being a naturally happy and healthy person. I learned something from every page, but reading the whole book changed my life!”

— **Carol Sands**, founder of The Angels’ Forum and winner of the “Influential Women in Business” Award

“Mariana Bozesan combines her personal odyssey towards optimal health with solid alternative holistic health information. It is informative and most important highly motivational. I would recommend this book to anyone who desires the attainment of well-being.”

— **Herb Ross, D.C.**, author of *Sleep Disorders*

“Increased energy, endurance and clearer thinking are some of the first benefits you'll notice from applying Diet for a New Life. As you continue to follow this simple plan you'll experience permanent weight loss and a life of meaning and fulfillment.”

— **John Maguire**, Pain Relief expert and author of *Become Pain Free with Touch For Health*

“This book has so many helpful concepts and common sense approaches to following a healthy diet and learning about many important areas of well being, such as cholesterol and healthy fats, immune function and stress, sugar metabolism, and much more. Most importantly, if you wish to trim your body and weigh less while receiving even more nourishment, Mariana has you covered.”

— **Elson Haas, M.D.**, author of *Staying Healthy with Nutrition* and *The New Detox Diet*

“Mariana’s approach is not about forcing your body to look a certain way according to a shallow and totally external image of beauty. It’s about finding within yourself the healing powers you need, and unleashing the totality of your inner forces in the service of your magnificence. At one level, this is a book about losing weight. But more than that, it is a book about love and about life. It is brave and honest. May it guide you to the fulfillment of your greatest purpose in being alive.”

— **John Robbins**, author of *The Food Revolution* and *Healthy at 100*

“In Diet for a New Life, Mariana Bozesan employs a model of self-transformation similar to Joseph Campbell’s legendary Hero’s Circular Journey. This is an amazing book. It is not a mere manual for a successful diet, but an inspiring map for an archetypal journey toward Self-discovery.”

— **Marius Koga, M.D., MPH**, Associate Clinical Professor
of International Health, UC Davis School of Medicine

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