



# Smoothie Power! Recipes for Weight Loss, Vitality, & the Occasional Super Power

*Diane Kidman*

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## Eating Healthy Can Be Addictive!

Diane Kidman writes a lot of books. While they've all been Kindle health bestsellers, *Smoothie Power! Who Doesn't Want Accidental Weight Loss?*

Then there were the nine pounds she lost in about two weeks. Just because of the smoothies. (While she did make some big dietary changes during le grande smoothie experiment, this was AFTER losing weight. Not before. Lungs? Same deal. But the later dietary changes boosted both skinniness and breathiness. Big time.)

So there we are. Over 100 smoothie recipes later, Ms. Kidman wanted to shout from the mountaintops about her new-found energy. But she'll settle for hollering from a small dune if need be. Truth be told, this is her favorite of all her books thus far. We have asked her to calm it down a bit. Just pull the reins in a teensy weensy way, so as not to embarrass us. But will she listen? NO! She wants to go running. RUNNING, we say. And she dances about the house clutching a glass of green stuff to her chest. And singing. Off key. It's quite humiliating, really, but we cannot stop her.

## More Than Just Smoothies – Other Stuff Too!

Now she is poking at us and reminding us that we should also mention the book contains recipes for a few blender soups and blender salad dressings, as well. We are tired of hearing about her soup. Someone please stop her.

## What Others Are Saying:

*"I have been doing this just a little over 2 weeks and I have already lost 7 pounds. The recipes are delicious..."*

*"Can't wait to try smoothies. My grocery list is made and I'm excited. Easy to read and understand. Diane makes this seem simple."*

*"Diane Kidman has done a great job with this book. Written in a friendly, personal style; without compromising on the research and details that is often sadly lacking in other books of this type."*

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