



The Small Change Diet: 10 Steps to a Thinner, Healthier You

By Keri Gans

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The Small Change Diet: 10 Steps to a Thinner, Healthier You By Keri Gans

THE ONLY “DIET” PLAN YOU WILL EVER NEED!

No deprivation, no struggles.

Just ten small changes that will transform your life.

Keri Gans, spokesperson for the American Dietetic Association, shares her simple plan for weight-loss success that lasts a lifetime. *The Small Change Diet* isn't about creating unrealistic, unsustainable rules—like counting calories, restricting choices, or eliminating entire food groups. It's about turning smart habits into second nature.

When it comes to achieving healthy, continued weight loss, the smallest adjustments often make the biggest impact. The key is mastering one new habit before expecting yourself to tackle another. Keri breaks each of the plan's ten easy steps into even smaller, more manageable solutions. The best part is that *you* decide what to focus on and when you're ready to move on. Take your time! Once you've made all ten changes, you'll be healthier and thinner—for good!

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Editorial Review

Review

“A smart, totally manageable way to . . . shed pounds and boost energy!”

—Joy Bauer, MS, RD, *New York Times* bestselling author

“Super-practical, easy-to-digest advice that anyone can benefit from!”

—Lisa Lillien, #1 *New York Times* bestselling author of the *Hungry Girl* series

About the Author

Keri Gans is a Registered Dietitian in private practice in Manhattan. She holds a Master’s Degree in Clinical Nutrition from New York University and a Bachelor’s Degree in Business Administration from Ohio University. Before working solely in private practice Keri was a clinical staff dietitian at St. Luke’s Roosevelt Hospital in Manhattan and North General Hospital in Harlem.

Keri has made numerous television appearances, including ABC Eyewitness News, Good Morning America, Discovery Times, and Fox The Morning Show with Mike and Juliet, and Dr. Oz’s show. She is a regular guest on Sirius/XM’s Dr. Radio and is frequently quoted in national publications. For over 5 years Keri was seen weekly on Manhattan public access TV in a nutrition lifestyle program called “Diet Diva”.

Keri is also very active in professional organizations. She currently is a Spokesperson for the American Dietetic Association (ADA) and ADA Delegate for the New York State Dietetic Association (NYSDA). Other past volunteer positions include: NYSDA President, NYSDA PR Chair, NYSDA Annual Meeting Chair, Greater NY Dietetic Association PR Chair and Treasurer. Keri is the proud winner of the 2010 NYSDA Media Excellence Award and 2006 NYSDA Emerging Dietetic Leader Award.

Keri lives with her husband Bart and four-legged son, Henry, in NYC and East Hampton and is an avid yoga practitioner.

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