

# The Shangri-La Diet

Seth Roberts, Ph.D.

**"A weight-loss theory that just might benefit a few million people."**

—Stephen J. Dubner,  
co-author of **FREAKONOMICS**

**"Two weeks since I started and oh-my-god... Within three days I was actually forgetting to eat."**

-Kathy Sierra, co-author of Head First Java and blogger (Creating Passionate Users)

**"Absurd, ridiculous, and remarkable... most certainly a paradigm-shifter of epic proportions"**

-Diet-Blog.com