

I recommend this book every chance I get.

It was after I had my second son that I received Chris Johnson's first book, *Meal Patterning*, in a completely random way. I was on the Body For Life forum on the website, and I had posted something about working on my terrible addiction to sugar. Someone replied asking for my address to send me a copy of a book that had helped them. I gave him my address, and he sent me the book. I still wasn't really ready to make the major changes necessary to get me on track, so it sat on my shelf for some months until my mom was visiting. She picked it up to flip through it and told me it was pretty good. So I started reading it and changed my eating habits pretty much immediately. I feel like I just didn't know how to make better choices than I was making at the time, which is what I encounter now in my students as a yoga and pilates instructor.

People really want to do better, but it is really hard to sort the good information from the bad. I recommend this book every chance I get. I tell people there are four moments in my adult life that have left the most profound imprints. They are meeting my husband, the birth of my first son, receiving this book, and meeting my yoga teacher. *Meal Patterning* had an immeasurable deep effect on my life. I basically took my bodyfat from a post-pregnancy high of 30 percent down to 15 percent with the knowledge gained from the book and regular exercise. I am truly grateful to have found this book when I did and to have the opportunity to instill healthy eating habits in my two children.

Leanna Williams

Yoga and Pilates Instructor

Houston, Texas