



Down Size: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success

Ted Spiker

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Ted Spiker may be the coauthor of numerous bestselling diet and health books, but the man just can't resist a good burrito. Or a bad burrito. (He's also eaten a 76-ounce steak, asserted that his wife's post-pregnancy jeans were the best-fitting pants he ever wore, and was asked by his own childhood doctor if his "feminine shape" embarrassed him at the beach.) In *Down Size*, Ted takes readers on an inspiring, candid, and comical journey, exploring the art and science of weight loss through

his own struggles as a pear-shaped man in a not-so-pear-shaped world, with research about food, exercise, and the psychology of losing weight. He reveals twelve truths about successful weight loss, in areas such as temptation, frustration, nutrition, and inspiration. Some truths:

- Redefine the Definition of Data
- Leave Behind Your Extra Gland
- Think Process, Not Outcome
- Train Shorter, Train Harder

Combining science, personal stories, expert interviews, and advice, *Down Size* is an entertaining, field-tested, and research-based look at how men and women can finally find the body they want.

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