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'Park Avenue Diet' takes broad approach

BY KAREN SHIDELER

"The Park Avenue Diet" by Stuart Fischer is unlike any diet or exercise book Mandi Brunow of Wichita has read.

Rather than focusing on what foods to eat or what workouts to do, the book addresses seven components of image, with an overall message that "If you feel good on the inside, you'll look good on the outside," Brunow says, and if you look good, you'll feel better.

Brunow, 37, who is a forensic investigator for the Sedgwick County Sheriff's Department, says she would recommend the book, especially for someone with "the time to completely change a lot of things in her life."

"The Park Avenue Diet" (Hatherleigh Press, \$25.95) enlists the help of experts who provide guidance on fashion, hair, skin, self-confidence and interpersonal skills, as well as diet and exercise advice.

About half the book is a six-week eating plan and recipes, Brunow says, but many of them were for fish -- which she doesn't like.

Brunow was impressed with much -- but not all -- of the advice:

She likes that self-confidence is addressed first: "If you believe in yourself, then others are going to believe in you."

She likes the dining advice to slow down, savor food, watch portion sizes and learn to know when you're full.

She likes the advice on knowing when to change a hairstyle, choosing a color and getting a good haircut.



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She takes issue with the advice to buy the best clothing you can afford. In her job, she says, clothing is easily ruined, so the advice isn't practical, even though she understands the theory behind it.

And she says the fitness advice -- to do planks, squats and other traditional exercises -- is what you'd hear from most exercise experts.

Chapters have quizzes at the end, and the six-week eating plan also includes daily instructions for some other life-changing activity, such as writing down the words going through your head when a craving hits, and coming up with a substitute for the craving.

Overall, Brunow says, the book is good -- but "It's not a quick fix" approach.