

Praises for Jorge Cruise's **The 3-Hour Diet™**

This book is a gift you can, and should give yourself if lasting weight control eludes you.
**--David L. Katz, M.D., Yale University of Medicine, author of *The Way to Eat* and
columnist for *The Oprah Magazine* (from the Foreword)**

Feel like pasta for dinner? Not a problem. Some toast with those eggs? Bring it
on. With Jorge's 3-Hour Diet, eating great and losing weight has never been this
simple.

--Jacqui Stafford, *SHAPE Magazine*

Combining cutting-edge research with practical how-to, Jorge Cruise's revolutionary
approach to eating constitutes a sustainable way to slim down without sacrifice. Jorge
offers up powerful kindling that can reignite the motivation of even the most jaded dieter.
If you've always wanted a smart, caring weight loss coach at your disposal 24/7, this
book is for you!

--Carol Brooks, Editor-in-Chief, *First for Women* magazine

Jorge Cruise has identified a fundamental tenet of successful weight loss -- that how you
eat is just as important as what you eat. His Three Hour Diet is easy to understand, simple
to follow and specifically designed for those who don't have time to diet. In short, his
book is an essential tool for those seeking lifelong weight loss and maintenance.

--Lisa Sanders, M.D. Yale Medical School and author of *The Perfect Fit Diet*.

The 3-Hour Diet offers a simple a nutrition prescription: how often and how much to
control your hunger, ENJOY YOUR FOOD and IMPROVE YOUR HEALTH. You can't
get much better than that!

**--Leslie Bonci, MPH,RD,LDN, Director of Sports Medicine Nutrition University of
Pittsburgh Medical Center and Nutritionist- Pittsburgh Steelers**

At last, the book to rival the Atkins and South Beach diets is here. If you want to lose weight and keep it off, without giving up any of the food groups, this is the book!"

-- John Robbins, bestselling author *Diet For A New America*, and *The Food Revolution*

Jorge Cruise brings a new dimension to the world of weight loss - empowering and giving you the tools to lose weight by making simple changes in how and when you eat.

This technique can help make all the difference.

--Fred Pescatore, MD, author of *The Hamptons Diet* and former Associate Medical Director at the Atkins Center

Jorge Cruise will keep you looking and feeling your best.

--David Kirsch, author of *The Ultimate New York Body Plan*

Jorge's 3-Hour Diet offers a sound and practical eating plan. His easy-to-follow guide will help any follower to see immediate body transformations with long-lasting results.

--Tammy and Lyssie Lakatos, RD, LD, CDN and authors of *Fire Up Your Metabolism*

Wow! I learned a lot from Jorge's fascinating new book. I can easily see how people who follow The 3-Hour Diet can shed pounds by keeping their fat-burning metabolism revved up.

--Lucy Beale, best selling author of *The Complete Idiot's Guide to Weight Loss*

An easy alternative to low carb, high fat or other diets that can have harmful side effects.

--Dale Eustace, Ph.D. and Professor of cereal technology, Kansas State University

This simple, easy-to-understand book gives you practical ideas that you can use immediately to lose weight without feeling hungry, without counting calories, and without feeling deprived in any way. I suggest you get one copy for yourself, and one for a friend so you can enjoy the process together.

--Christopher Guerriero, Chairman of the National Metabolic and Longevity Research Center and author of the best-selling book *Maximize Your Metabolism*

It's refreshing to hear a popular weight loss guru pan low carb and other fad diets and tell people the truth: that they can eat anything in moderation. The plan is nutritionally balanced, smart, and practical. The tone is encouraging and forgiving.

--Janis Jibrin, M.S., Registered Dietitian, writer for GoodHousekeeping.com and author of *The Unofficial Guide to Dieting Safely*

The 3-Hour Diet will help millions lose weight and feel great! Eating healthy foods every three hours can help stabilize blood sugar levels, stave off hunger, and melt away unwanted pounds.

--Jay Robb, Certified Clinical Nutritionist and author of *The Fat Burning Diet*

"Jorge does a great job of creating an straight forward, easy-to-follow eating plan that does not sound like a prison sentence! No restricting carbs, no exotic supplements, and no complex math calculations to make before every meal. The 3 Hour Diet is easy to read and simple to follow!"

-- Harley Pasternak MSc., Hollywood Trainer to the Stars and author of *Five Factor Fitness*

THE 3-HOUR DIET; *How Low-Carb Diets Make You Fat and Timing Makes You Thin*

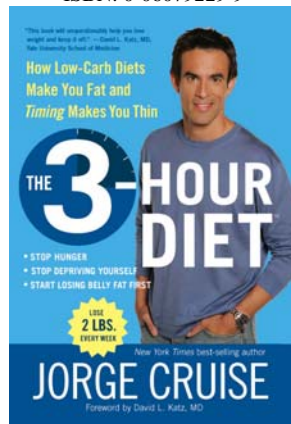
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