

# Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

## Spent

By Frank Lipman

Fireside Books, \$25.00, 352 pages

Do you ever feel spent? Tired when you first get up? Too tired at the end of your day to fix a full, healthy meal, do the exercise you know you need, unwind enough to be able to get a good nights sleep? Lipman's book, *Spent*, looking to change that, with a six-week life makeover, from the foods you eat, moderating your exercise, increasing your relaxation and sleeping better. One of the primary tools Lipman uses, is reducing the processed, sugary and starchy foods that are easy to get and eat on the go. Instead, the focus is on fresh, healthy and nutrient rich meals, with many recipes included (and a plan to clean up your kitchen and shopping). Yoga and light exercise instructions work on making your body more flexible and relaxed. A resource section give many sources for food, supplements, information and more. There really isn't anything new or unique here. Just a well organized, practical and easy to follow guide to making yourself healthier, happier and less spent.

