

Information Sheet For *Have Your Cheeseburger And Keep Your Health Too!*

Book Statistics

Title: *Have Your Cheeseburger And Keep Your Health Too!*
Subtitle: *A New Perspective On Healthy Eating With The Comfort Foods You Love*
Publisher: Booklocker.com, Inc.
Distribution: Ingram, Inc.
Author: Melanie R. Jordan
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Category: Health/Diet/Fitness
Length: 160 pages
Retail Price: \$14.95
Binding: 6" x 9" trade paperback
Illustrations: N/A
Additions: index, web sites, helpful resource section

Also Available as an e-book in Adobe PDF file format, ISBN # 1-59113-216-9 for \$11.95

The Following Freebies Are Available For Your Audience/Readers:

1. **Double Bonus!** A FREE subscription to my monthly e-zine "Have Your Cheeseburger And Keep Your Health Too! Update" for those who favor the "NMP" healthy eating style and healthy living in general. It is full of tips for sticking with the "NMP" lifestyle, encouragement, success stories, recipes, food makeovers, news and reviews of new healthy food products and Melanie's very popular "Ask The Coach" column with her answers to reader questions on "NMP" eating and healthy living. Plus a BONUS 2-chapter excerpt from my book *Have Your Cheeseburger And Keep Your Health Too!*

How do they get it? Simply invite them to send an e-mail to healthycoach@aweber.com.

2. **Autographed copies** of *Have Your Cheeseburger And Keep Your Health Too!* are available as a promotional giveaway in conjunction with my interviews or articles.

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