



## The Champagne Diet: Eat, Drink, and Celebrate Your Way to a Healthy Mind and Body!

By Cara Alwill Leyba

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### The Champagne Diet: Eat, Drink, and Celebrate Your Way to a Healthy Mind and Body! By Cara Alwill Leyba

This book is for the woman who wants to feel good about herself and her body, and learn how to start incorporating healthy habits into her life. It's for the woman who doesn't want to trade in her champagne for skinny jeans. It's for the woman who is done with dieting, and ready to start paying attention to her health before that number on the scale. It's for the woman who is ready to stop letting her weight define her, and is ready to understand why it always did. This is not a diet book. This is a lifestyle guide. This book will change the way you view your weight and yourself forever. You will walk away feeling empowered, inspired, and downright sexy (and probably craving a glass of bubbly). You will learn how to celebrate yourself and your body. You will learn to make your health a priority, always. And most importantly – you will learn to love yourself, exactly as you are. So get ready to embark on a complete dieting and lifestyle overhaul, sister. You are now on The Champagne Diet! "The Champagne Diet will resonate with every woman with it's realistic and simple approach to dieting. Alwill delivers a personal, relatable, and funny guide to shedding pounds without deprivation." - Kim Barnouin Co-Author, Skinny Bitch

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**The Champagne Diet: Eat, Drink, and Celebrate Your Way to a Healthy Mind and Body!** By Cara Alwill Leyba **Bibliography**

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### **Editorial Review**

#### Review

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#### About the Author

Cara Alwill Leyba is a bestselling author & certified life and wellness coach from New York City who empowers women to live their most effervescent lives and celebrate themselves. She encourages women to indulge in the things that make them happy, and swears that every woman can live a "Champagne Life," no matter how busy she is or how tight her budget.

Cara runs an international private coaching practice where she works with busy women both one on one and in group settings to help them learn to make themselves a priority and to find what makes them sparkle. Cara's blog, [TheChampagneDiet.com](http://TheChampagneDiet.com), boasts a dedicated following of thousands of loyal readers and has been featured in Glamour, Shape, Cafe Mom, Daily Mail UK, MSN Australia, AOL UK Lifestyle, and a host of other publications worldwide.

Cara regularly appears on the "Ask Dr. Fritz" radio show on WWRL New York, where she helps host Dr. Fritz answer questions from callers about love, career, family, relationships and more. Cara is also the host of her own lifestyle and wellness show, "Uncork Your Best Self" with Dr. Fritz as her co-host, airing on Blog Talk Radio.

Cara's first book, *Sparkle: The Girl's Guide to Living a Deliciously Dazzling, Wildly Effervescent, Kick-Ass Life* was a #1 bestseller on Amazon in the Happiness & Self-Esteem categories. When she's not popping bubbly and blogging, Cara spends her days leading a digital advertising team at MTV Networks. She lives in Brooklyn, New York with her husband and dog.

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