



Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health

Byron J. Richards, Mary Guignon Richards

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First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight loss, yo-yo dieting, low energy, heart disease, low thyroid, stress eating, food cravings, and hormonal imbalance. Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss.

Renowned leptin expert, Byron Richards analyzes over 8,500 leptin-related scientific studies and brings amazing findings to the public in an easy-to-understand format. Readers loved the first and second editions of Mastering Leptin due to the fascinating connections made between leptin, weight loss, energy, hormone balance, and disease. Thousands of people have been able to lose weight and keep it off. The third edition is newly edited and updated. It is much more than a diet book. It is a true guide for healthy weight loss, improved energy, and optimum health.

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