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The Step Diet by Jim Hill, PhD, John Peters, PhD, and Bonnie Jortberg, MS, RD (Workman Publishers, 2004). Even though the word "diet" is in the title, this little book (comes with a pedometer) is a wonderful compilation of tips, ideas, and step counts to help get you moving and improve your lifestyle.

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7 Diet Tips That Really Work WebMD

The 7 diet tips that follow can help you get on the fast track to safe weight loss, no matter what kind of diet you're on. Weight Loss Tip #1: Count on more than willpower alone. It's easy to blame diet failures on a lack of willpower, says Lisa Sanders, MD, a Yale University primary care clinician-educator.

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