Denise's DAILY DOZEN

The Easy,
Every Day Program
to Lose Up to

12 Pounds

in 2 Weeks



ACKNOWLEDGMENTS

want to thank *all* my loving family . . . each one, from the oldest to the youngest. We are truly blessed to have such a close-knit big family. I treasure all of our times together.

I'm so thankful to my husband, Jeff, for our happy life together . . . twenty-five years of your amazing love, loyalty, and laughter. I have tears in my eyes of pure pride and gratefulness for our daughters, Kelly and Katie, who have both grown up to be such hardworking, caring, and "love of life" people. I'm so proud to be your mom.

I want to thank Michele Bender for all her help with this book. You are a joy to work with. Also, thanks to Christopher Mohr, PhD, RD, CSSD, a sports nutritionist, for all his help planning healthy meals. A big thanks to all my friends at Hachette, especially Harry Helm and my book editor, Christina Boys.

A very special thank-you to Jan Miller and Nena Madonia, for everything!

Thanks to my three sisters and my great bunch of girlfriends who are so supportive and always there for me, helping me with some of the recipes and testing some of these exercises.

I love what I do, helping people to feel better about themselves and making a positive difference in their lives.