Healthy Bytes

Tarek Hamid

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* *Healthy Bytes...* offers a fresh perspective on personal weight / health management. The book wields the twin innovations of *Systems Thinking* and *information technology* but in a form that's accessible to the general reader. The aim: (1) Help people better understand how the human energy and weight regulation *system* works, why it works that way, and how to better manage it; and (2) Give people the tools they need to finish the job.

* Emphasizing solutions that "fit," **Healthy Bytes** provides a suite of (customizable) "Mi" tools (downloadable from book's website) to help dieters do the three things that they need to do well to succeed: (1) Setting a realistic weight-loss goal; (2) determining the proper (individually-tailored) caloric deficit to achieve it; and (3) devising palatable and satisfying diets that can be sustained.

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