



Women Aur Weight Loss Ka Tamasha

By Vishwajeet Sapna Rejuta Divekar

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Women and the Weight Loss Tamasha takes off from where Rujuta Diwekar's first book Don't Lose Your Mind, Lose Your Weight ended. In this book, the author focuses on different phases in a woman's life, and how these phases can contribute to her overall well being. This traces every Indian woman's journey from puberty to menopause and deals with the changes she goes through in life because of her marriage, her restless kids, her never-ending work and the stress of running a home. In short, it talks about how every woman can remain fit and healthy irrespective of the turmoils or changes taking place in her life. In her first book, the author had said that eating - but eating right - was the key to keeping the scales down and remaining healthy. In this book, she goes further and chalks out four strategies to keep women fit, titled Nutrition, Sleep, Exercise and Relationships. The book sets out to demolish some popular myths that are associated with weight gain and loss, and exposes the fact behind such claims. Are lifestyle disorders caused by the hectic schedule that most women have today? Can hormonal problems cause weight problems? The book answers such common questions. From changing their mindset to changing their lifestyle, Indian women can count on Women and The Weight Loss Tamasha to help them with maintaining their overall health.

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