

**Author:** Abby Campbell  
**Pub. Date:** January 15, 2013  
**Price:** \$19.95  
**ISBN-13:** 978-1-939015-00-6  
**LCCN:** 2012945998  
**Format:** trade paperback  
**Trim:** 7" x 10"  
**Length:** 290 pages

**Body Works**   
Publications

*Endorsed by Some of the Most Elite*



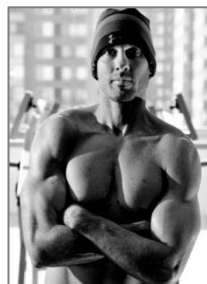
KIM  
LYONS



O'NEAL  
HAMPTON



J.W.  
POTTS



SCOTT  
COLBY

## *What Library Journal Is Saying*

*"Personal trainer and nutritionist Campbell emphasizes sound nutritional knowledge and the use of unprocessed foods. She points out that such food items are much cheaper than processed varieties and save money as well as calories. Her system of 'counting blocks' fine-tunes diets according to the individual's weight. Eating every three hours keeps hunger at bay and each meal consists of a set amount of a type of food, i.e., protein, starch, fat, etc. VERDICT: Somewhat complicated but sound, this book will appeal to detail-oriented dieters." ~Susan B. Hagloch, December 1, 2012, p. 100 (New Year's Resolutions)*

*"I'm so excited about Abby Campbell's new book, **One Size Does NOT Fit All Diet Plan**. What she has done is awesome and so needed on bookshelves everywhere!"*

*~Kim Lyons, Former Celebrity Trainer on NBC's hit show, **The Biggest Loser** & Dr. Phil's Ultimate Weight Loss Challenge*

*"I have been asked to endorse, sell, and review a lot of products. I can say without hesitation or reservation that this is the first book that I agreed to review, and there is a reason for this. I have worked with the best of the best trainers and nutritionists, and Campbell ranks right up there with those I've worked with. The nutrition planning, blueprints, and examples are on target. As you read this book, you are turning the pages on the chapter of your fate, in a good way."*

*~O'Neal Hampton, Jr., Former Contestant & Finalist of NBC's **The Biggest Loser***

*"This book is spot on! Tremendous mix of biochemistry and common sense. There are many fads out there, but this will change your quality of life with permanent health. As a world class athlete and member of the Stand Strength team, I have consulted with the author on high performance nutrition and have been given advice that led to multiple World records in powerlifting and many championships."*

*~J.W. Potts, 6-time National Champion, 3-time World Gold Medalist*

*"For anyone who is serious about building a healthy lifestyle, this is the book for you! **One Size Does NOT Fit All Diet Plan** will put you on the right track by helping you build healthy habits, even if it's only one habit at a time. The meal planning portion is only a bonus!"*

*~Scott Colby, Fitness Expert, **FitForPhotos.com** & **FitnessAdventuresUSA.com***



Abby Campbell, BSC, SFN, SSN, CPT is a leading professional fitness and nutrition expert, researcher, and author. For the past 10 years, she has coached thousands of women locally and online to lose body fat and lead healthy lifestyles. Her clients have lost thousands of pounds, reclaimed health, and call her "Coach No Gimmick."

[ABBY@911BODYRESQ.COM](mailto:ABBY@911BODYRESQ.COM) | (704) 308-0940 | [ABBYCAMPBELLONLINE.COM](http://ABBYCAMPBELLONLINE.COM)