



## **One Size Does NOT Fit All Diet Plan**

Meal Planning That Will Boost Your Metabolism, Breakthrough Plateaus, and Help You Achieve Maximum Fat Loss Today!

### *Interview Questions & Answers*

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### **Where are you from?**

I'm from Northern Virginia. I grew up and lived most of my life in the Washington, DC, suburban communities of Manassas, Centreville, Fairfax, and Bristow. Because traffic was becoming horrendous in Northern Virginia, my husband and I decided to move to a slower paced life. I now live on the outskirts of Charlotte, North Carolina.

### **Your new book will be published in January 2013. What is the title?**

*One Size Does NOT Fit All Diet Plan: Meal Planning That Will Boost Your Metabolism, Breakthrough Plateaus, and Help You Achieve Maximum Fat Loss Today!*

### **How would you describe your book in 10 words?**

A personalized dieting approach for fat loss using nutrient timing.

### **How would you describe your book in 25 words?**

A personalized dieting approach using nutrient timing to boost metabolism, breakthrough plateaus, and achieve maximum fat loss – guaranteed and scientifically proven to work.

### **How would you describe your book in 50 words?**

A personalized dieting approach to boost metabolism, breakthrough plateaus, and achieve maximum fat loss – guaranteed and scientifically proven to work. No calorie or macronutrient counting. Done-for-you blueprints, sample meals, and substitution meal charts – easy to use! Planning for 10 minutes a day gives dieters the power for success!

### **Who is your audience?**

My audience is mainly the overweight and obese community. Many are women as they make up the majority of dieters.

## **How would you summarize your book? What is it about?**

*The One Size Does NOT Fit All Diet Plan* is about a personalized approach to meal planning for those who want to lose body fat. By using a technique called “nutrient timing,” metabolism is boosted, plateaus are eliminated, and fat loss is succeeded. Three nutrition phases are laid out, and dieters may choose which to begin depending on his or her nutritional age. Dieters may plan their own menus using one of the three blueprints for their weight category. Each dieter may choose their own foods to plan as long those foods are on the healthy meal charts included. Simple recipes and ideas are even included to help the dieter prepare meals.

## **How did this book come to be?**

This book came to be due to the requests of potential clients. Unfortunately, I had to turn away many of those who came to me for nutrition services because my schedule was already full. I felt badly. Because of this, I began working on done-for-you nutrition plans. I figured a blueprint for different weight categories might help some. My book was then born from those blueprints combined with my blog and article notes. These are similar plans that I use for my clients.

## **How long did it take you to write this book? What kind of routine, if any, did you follow?**

Once I had my nutrition blueprints put together, it took me about 8 months to gather research and typeset. I tried to have a daily routine to keep me on track, but it was tough at times with my other jobs as a nutrition and fitness coach, wife, and mother. However, I had a plan and a written goal for each day whether it was researching or writing. Initially, I broke each chapter into subtopics. That made planning easier as I focused on a subtopic each day. Certain subtopics required more than a day to research and write, so I planned accordingly. I also left enough room in my planning schedule for interruptions so that I would not be delayed.

## **What do you think is the most important information you communicate to your reader?**

Food can be used as a poison or a prescription. A healthy body must be a priority, and forming good eating habits is essential for dieters to not only lose weight and look good. Forming healthy nutrition habits can alleviate from disease and disorders, gifting a life without the need for medicines and the ability to perform throughout. Planning meals help build those healthy eating habits. After all, we plan for everything else in life. Why not plan for the one thing that should be priority which is ourselves – our bodies – so that we can do the things we wish to in life?

## **How did you come up with the title?**

Most diet books on the market seem to cater to all people with the same dieting approach. This always bothered me for many reasons. First, someone who is 250 pounds have different energy needs than someone at 150 pounds. Second, most diet books not only provide the same diet for every weight category. They also provide a diet that is so low in calories that dieters’ weights plateau after a few months. Their bodies have gone into starvation mode which is very dangerous for the body’s metabolism. There are many other reasons why I’m bothered by those dieting approaches, but it seemed like they were all a “one-size-fits-all” approach. My book is individualized, personalized, and very different from all other diet books. That’s how I came up with the title *One Size Does NOT Fit All Diet Plan*. I had another name that actually went with the branding of my company, but I presented both titles to several colleagues, clients, and friends. The vote was overwhelming at over 95 percent for the one I chose. I guess you could say “they” chose the title for me.

## **Have you always been a writer?**

No, I have not. However, I have dreamed of being a writer since I was a little girl. In elementary school, I won “Most Creative Writer” many times. In college, my political English professor approached me several times to publish my research papers.

## **When and why did you begin to write?**

I began to professionally write about 18 years ago for the trade association I was working for. The association published several books and magazines for its member base which included commercial real estate owners and developers. Writing then was just a job. It wasn't until I found my passion that I actually began publishing – my passion being health, fitness, and nutrition. I loved research and wanted to express what I learned to everyone.

## **Who or what encouraged you to write?**

Actually, I've been encouraged my whole life by a variety of folks. I specifically remember my fourth grade teacher as being my first encourager. In the middle of her classroom, she stored a three foot square box on top of a table. In that box were story starters – tons of story starters by category. Every day, I got to choose one story starter and use my imagination to write creative and fun stories to share. I lived to go to class every day just to write. When I got to college, I was very confident about my writing skills. However, my papers in my English 111 class were handed back with Cs, Ds, and even Fs. I was devastated! My English professor was tough and made me re-write those papers until I received at least a B on each. Needless to say, my confidence wavered. A year later, I received the same professor for my political English class, and I went home crying. Though she turned out to be my greatest fan! She admitted that she saw great potential in me as a professional writer and then encouraged me to publish my research papers. She even wanted me to co-author with her. I look back and am very thankful for the constructive criticism I received.

## **What does your family think about your writing?**

My family is very supportive of my writing. I try not to work long nights, but sometimes I have to unfortunately. When I do, my family can get a bit jealous of my time. However, they understand it is what I love to do.

## **Where do you get your information or ideas for book topics?**

I usually gather book topics from my clients. I listen to their questions or discussions, which are essentially their needs. I then do research to gather information for answers, and my personal research usually comes from medical, sports, and nutrition research journals.

## **What books have influenced your life most?**

Oh, there are too many to count! If I have to choose, my top three would be:

- 1) The Bible.
- 2) Soulshift by Stephen Roberts
- 3) Body for Life by Bill Phillips

I know that some of those don't relate to one another, but I think spirituality, nutrition, and fitness are my favorite topics. Rarely do I read fiction, though I think *The Shack* by William P. Young was one of the best stories I've read.

### **What would you say is your interesting writing quirk?**

Actually, I have a couple. One is my obsessive and compulsive need to look up words in the online dictionary even if I already know the meaning. The other quirk is jaw tension. When I get into deep thought, I tense my jaws until they hurt. Because of that, I usually bite down on a pen while I'm working to keep me from tensing so much.

### **What do you like to do when you're not writing?**

I like to go hiking with my husband or garden. I'm not very good with raising veggies, but I do like to play with the pretty things like flowers. I will read or watch good movies in the winter when it's too cold to hike or garden. I even enjoy decorating my home.

### **Did you learn anything from writing your book and what was it?**

Of course, I learned many things from writing my book. There is so much more to writing when "writing a book." Research taught me many things I didn't know in my own area of expertise. I knew that marketing played a role in writing, but I never realized how much. Even simple things like font type and size taught me what readers enjoy.

### **Do you have any suggestions to help me or someone become a better writer?**

I would first suggest not becoming overwhelmed throughout the process. Being organized, planning, and sticking to your agenda will help with that. Also, being yourself in your writing builds more of a rapport or relationship with your readers. Basically, stay cool, calm, and collected.

### **Do you plan to continue to write? If so, do you have a title for your next book?**

Yes, I definitely plan to keep writing. As far as titles, I have a list. Shouldn't I leave you with a little suspense by not revealing titles too early?

### **Is there anything else you would like to say to your readers?**

Yes, I'd like to say *thank you* for following and trusting me. If you have any suggestions or comments to make about any of my books, I am glad to hear them. I also have a *Q and A* section on my website [www.AbbyCampbellOnline.com](http://www.AbbyCampbellOnline.com) where I will post your questions and my answers to help other readers that may have the same questions. You may always email me at [Abby@911BodyResQ.com](mailto:Abby@911BodyResQ.com). I thank you for helping me get the truth out about healthy nutrition principles and proper dieting. Blessings to you all!