

**The EveryGirl's Guide To Diet And Fitness: How I Lost
40 Lbs And Kept It Off-And How You Can Too! By
Maria Menounos**

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Maria menounos gained a whopping 40 pounds in

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NEW YORK TIMES BESTSELLER From Maria Menounos, self-proclaimed EveryGirl s not merely a weight-loss book. It's a guide The EveryGirl's Guide to Diet

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Maria menounos loses 40 pounds with low-carb diet

says Maria Menounos, who revealed how she lost 40 pounds "The EveryGirl's Guide to Diet and Fitness: How I Lost 40 lbs and Kept It Off-And How You Can

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Extra host Maria Menounos was once more than 40 pounds overweight, low on energy, and often sick. It s The EveryGirl s Guide to Diet and Fitness:

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Maria Menounos is an actor, reporter, television personality, filmmaker, producer, and New York Times bestselling author of The EveryGirl s Guide to Life.

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Between hosting Extra, writing a new book, and shooting a reality show, Maria Menounos is certainly living life in the fast lane. The 35-year-old admits it can be

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