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Strategies For Living Your Healthiest Life Ever [Kindle  
Edition]**

**By Arthur Agatston**

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In 2008, Agatston published The South Beach Diet Supercharged, written with Joseph Signorile, a professor of exercise physiology; ^ a b c "Sizing up South Beach. [https://en.wikipedia.org/wiki/South\\_Beach\\_Diet](https://en.wikipedia.org/wiki/South_Beach_Diet)

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The South Beach Diet changed the way we lose weight. The original South Beach Diet was developed in 1995 by a cardiologist to help his cardiac and diabetic patients <http://www.cbsnews.com/news/south-beach-diet-guru-issues-wake-up-call/>

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From Dr. Arthur Agatston, creator of the South Beach Diet comes an urgent message: We need to wake up to the reality of just how fat and sick we are as a nation.

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<http://www.amazon.com/South-Beach-Diet-Wake-Up-Call/product-reviews/1609618939>

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