

ALL YOUR DIET, NUTRITION AND EXERCISE QUESTIONS ANSWERED

Ali Hale, owner of the healthy living website [The Office Diet](http://TheOfficeDiet.com), has just published her first ebook, *Dieting Basics*. The 88 page book covers all the facts that dieters need to know in order to succeed. It explains what calories are, what the difference between “good” fats and “bad” fats is, how to calculate your BMI, and much more.

This fact-packed, beautifully designed ebook is available from www.theofficediet.com/basics-ebook and is currently retailing for just \$10 (in dollars as The Office Diet has a large international audience).

Ali (24) has a BA in English from the University of Cambridge. She launched The Office Diet site in January 2008, to share her experiences of healthy eating and exercising in a full-time office job with other busy employees around the world. The site attracts more readers every day, and Ali’s recent “Dieting Basics” series was so popular that she decided to expand it out into a full ebook.

As well as writing three articles each week for The Office Diet, Ali is a paid writer for several large websites – Diet Blog (www.diet-blog.com), Daily Writing Tips (www.dailywritingtips.com), Dumb Little Man (www.dumblittleman.com), Pick the Brain (www.pickthebrain.com), The Change Blog (www.thechangeblog.com) and Brazen Careerist (www.brazencareerist.com). She is self-employed as a freelance writer and website creator, and has just started a part time MA in Creative and Life Writing at the University of Goldsmiths.