

Celebrity Endorsements

Celebrities, who have provided endorsements for Cheryl's next book, STOP EMOTIONAL EATING: 7 Weeks to Lose Weight and Find Out What You *Really* Crave in Life

"STOP EMOTIONAL EATING™ is an invitation to settle for nothing less than living face-to-face with your feelings, and daring to express them. It is for people who must be all that they can be, but until now haven't known how."

—Jaclyn
Smith,
Actress

"Cheryl Sindell has given us all a gift. STOP EMOTIONAL EATING™ will help you to lose weight and keep it off for good."

—Iyanla Vanzant,
TV Personality "Iyanla" and author, *Acts of Faith* and six other bestsellers

"STOP EMOTIONAL EATING™ makes tapping into your instincts, finding your voice, and successfully losing weight seem easy. Given how difficult losing weight and keeping it off can be, this is a minor miracle."

—Cheryl Tiegs,
Supermodel

"After you've tried all the nonsense, reach for STOP EMOTIONAL EATING™ and find balance."

—Hector Elizando,
Actor, Star of Chicago Hope, Tortilla Soup, Pretty Woman and Kate Brasher

"Cheryl Sindell teaches you to live your truth instead of swallowing what you feel. First you must realize the part you play in gaining weight, because then you'll know the part you can play in losing it too. STOP EMOTIONAL EATING™ will change your life dramatically, losing weight and lots of it is almost the by-product."

—Judith Orloff, M.D.,
Psychiatrist and best selling author

"STOP EMOTIONAL EATING™ is a no nonsense approach so you can take charge of your destiny and become lean forever"

—Jake Steinfeld,
Body-by-Jake Enterprises