



The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health

Becky Hand, Stephanie Romine

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From the experts behind the *New York Times* bestseller *The Spark* and the creators of SparkPeople.com comes *The Spark Solution*, a breakthrough two-week diet program deemed one of the "Best Diets" by *U.S. News & World Report*. Designed to help you lose weight and optimize your health, *The Spark Solution* is a dynamic, comprehensive, and proven program.

With an introduction by Chris Downie, founder and CEO of SparkPeople, this day-by-day guide combines the latest data and strategies on nutrition, incredibly delicious recipes, and essential workouts. The experts at SparkPeople designed this easy-to-follow regimen to deliver effective and sustainable weight loss.

Thousands have already tried it, lost weight, and discovered a path to healthy living. SparkPeople has taken all the questions and bumps in the road out of the equation with *The Spark Solution*. There is no better way to lose weight and no better time than right now. Let these first two weeks transform your life.

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