



## ***Cabin Crew Shed Pounds After Airline Pilot Pens Diet Book...***

RENE SCHELLEKENS     DIETING **MADNESS**

**Rene Schellekens** is Dutch and came to the UK to do his pilot training about 17 years ago when he was 19. He ended up getting a flying job here and has been flying for UK airlines ever since. Rene explains the reasons he wrote this book: "I gained a lot of weight especially going from being an active young student to a professional making his money from sitting in a cockpit pressing buttons. Since then I gained and lost weight several times and tried all kind of diets." Rene continues, "...all these diets work, but not for long. They are almost impossible to stick to and not very honest or clear on why they actually help you to achieve weight-loss."

Rene explains why he decided to write this book: "I became more and more interested in diets and started to put things regarding nutrition and dieting onto paper just to make it all clear to myself. Even though I don't have a degree in Nutrition in the end it became my own book. I would say it is not a diet book but just a book that tells you **how** to lose weight. Even though this might seem the thing to many people, to me they are 2 complete different things."

After Rene published 'Dieting Madness' his cabin crew became interested and many of them started to read the book, all losing weight. Julie says "I lost about one stone after reading and following Rene's book, it's fantastic!" Another cabin crew member, Adriana was enthralled: "I have given lots of diets a go in the past but after taking the advice from Rene's book I've shed over two stone."

Pilot James says "I've never been on a diet but got interested because Rene wrote the book. The book is very straightforward and very direct, and by following it I've lost 10 pounds."

*Below: Rene with some of his cabin crew who have been following the advice in his book...*





## Dieting Madness: Facts and Fiction About Weight Loss and Nutrition

**More than 230 pages with all the information you need to lose weight.**

**52 Chapters with all the answers you are looking for. We all want a simple way to lose weight but there isn't one. There is only knowledge!**

You will read about everything from "How much and how fast you can lose weight" to "Green tea" and from "Fasting" to "Low Carb diets".

If you want to lose weight fast, safely and in an effective and sustainable way then this is the book for you. Unlike many MAD diets that set you on the road to dieting disaster Dieting Madness relies on proven methods to help you shed the pounds and most importantly, to keep them off, for good.

This no nonsense, straight-talking and, at times, brutally honest approach will teach you the facts about weight loss and nutrition. It doesn't matter if you have 10 pounds or 100 pounds to lose, the facts are the facts and armed with them, **YOU WILL** reach your goal. Whether this is your first attempt at dieting, or your tenth... **YOU CAN DO THIS.**



*"Finally a diet book that is based on facts and not the fantasy of the writer... A really, really, great read!"*  
Claire Ward (Dietician, BSc Hons Nutritional Therapy)

*"Just what I needed-wonderfully inspiring and an excellent motivator"* Ricardo Penaguiao (Dieter)

*"Over the years I've read plenty of diet and nutrition books but none have drawn me in as quickly as this. Dieting Madness is bold and Rene is not afraid to tell you exactly how it is. This is a must read for everyone - not just the fitness enthusiast."* Blake Newbold (Personal trainer)

**'Dieting Madness: Facts and Fiction About Weight Loss and Nutrition is available now from all major online bookstores, including [Amazon](#) and on [Kindle](#).**

If you would like a copy of 'Dieting Madness' to read, review or feature, please contact [Kris Barnes](#) of [Authoramp](#). Rene Schellekens is also available for interview.

