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WineDiets.com Presents

# *The Wine Diet*



Includes three wine diets and  
an alcohol free grape juice diet  
that appeals to many

Brian W. Kelly

# Wine Diets.Com

## Presents:

# The Wine Diet

3 wine diets & an alcohol free grape juice diet that appeals to many

For regular people who are not often distressed, dieting is the world's most stressful activity. Think about how tough your last diet was. Would you be reading this book if that last diet were 100% successful?

Finally, there is a stress-free diet that pretends that it expects that you will fail. While you are on this diet, it seems so long to get any results that you will be convinced that you are failing... all the while you are losing weight.

Brian Kelly is not only a wine diet client, he is also the author of this book and the creator of the famous WineDiets.Com website. His story is the story from which the wine diet was created. Why? Because it works.

If you have sworn off all forms of dieting, and you believe you cannot lose weight, this is the diet for you. Kelly was simply hoping not to gain so much weight that he would break the 400 pound barrier from his 343 pound high. He could not lose weight, yet when he started the wine diet, he really did not know he was on a diet. As only happens in Fairy Tales, the pounds came off a-plenty in due time—62 of them so far!

## Brian W. Kelly



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WineDiets.Com Presents the Wine Diet

Editor: Brian P. Kelly  
Author Brian W. Kelly

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# Dedication

*This book is dedicated to my immediate family.*

*My wife Pat makes everything work*

*My son, Brian has the gifts of goodness and  
magic*

*My son, Michael has the gifts of love and humor  
and decisiveness*

*My daughter, Kathleen has the gift of sweetness  
and she shares her gift in wonderful song  
for all to enjoy*

*My family is always supportive of my efforts in  
everything. Thank you.*

*You are the most precious people in life.*

*I am the only one who must lose weight in the  
family!*

*This diet has really helped!*





## **Acknowledgments:**

*I appreciate all the help that I received in putting this book together along with the 61 books from the past. [www.letsGOPublish.com](http://www.letsGOPublish.com)*

*My printed acknowledgments were once so large that book readers needed to navigate too many pages to get to page one of the text.*

*To permit me more flexibility, I put my acknowledgment list online.*

*It continues to grow.*

*Believe it or not, it once cost about a dollar less to print each book. No kidding!*

*Thank you and God bless you all for your help.*

*Please check out [www.letsGOPublish.com](http://www.letsGOPublish.com) to read the latest version of my heartfelt acknowledgments updated for this book.*

*Thank you all!*



# Preface:

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You are going to love this book because it is an effective way to lose weight and it is an entertaining read.

Few books are a must-read for the dieting public but WineDiets.Com's Wine Diet by Brian Kelly will quickly appear at the top of Americas most read easy to lose diet list. Enjoy!

## **Who is Brian W. Kelly?**

Brian Kelly is one of the leading authors in America with this his 61<sup>st</sup> published book. He is an outspoken and eloquent expert on a variety of topics and has written over

sixty books and several hundred articles. Most of his work highlights topics that either teach technology or they tell a story about technology. However, Kelly has a number of non-technical works to his credit. They have been well received.

Mr. Kelly has been writing books and articles for more than thirty years. As a child, Brian was overweight but in his high school and college years, he lost his baby fat and enjoyed baseball on his high school and college teams. After graduation from college and a career with IBM, having a desk job most of his life, he gained a substantial amount of weight. He had added over 160 pounds to his weight before he discovered the wine diet.

Besides technical books and human interest books such as *The Wine Diet*, Brian also writes patriotic books. His last human interest book was *Wilkes-Barre: Return to Glory!* This is the story of his home town in Pennsylvania. His books are highlighted at [www.letsgopublish.com](http://www.letsgopublish.com). They are for sale at [www.bookhawkers.com](http://www.bookhawkers.com)

Enjoy; lose some weight; and please tell others about your enjoyment!

The best!

Sincerely,

Brian P. Kelly, Editor in Chief

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# About the Author



Brian W. Kelly retired as an Assistant Professor in the Business Information Technology (BIT) program at Marywood University, where he also served as the IBM i and Midrange Systems technical advisor to the IT Faculty. Kelly designed, developed, and taught many college and professional courses. He continues as a contributing technical editor to a number of industry magazines, including "The Four Hundred" and "Four Hundred Guru," published by IT Jungle. You may be able to see from the picture that Brian is overweight; but he weighs lots less today after a few years on the Wine Diet!

Kelly is a former IBM Senior Systems Engineer. His specialty was problem solving for customers as well as implementing advanced operating systems and software on client machines. Brian is the author of 61 books and numerous magazine articles. He has been a frequent speaker at technical conferences throughout the United States.

Brian was a candidate for the US Congress from Pennsylvania in 2010 and he ran for Mayor in his home town in 2015. He has been more successful in losing weight than he has in being elected to public office.

