



# The Jenny Craig Story: How One Woman Changes Millions of Lives

*Jenny Craig*

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## **The Jenny Craig Story: How One Woman Changes Millions of Lives Jenny Craig**

"A fascinating insight into the world of big business and how a little Cajun girl from New Orleans can achieve great success in this country."

--Dick Van Patten, actor (Eight Is Enough)

"Jenny Craig's story is a splendid example of what can be accomplished in our entrepreneurial society with dedication and hard work. Jenny's spirit, determination, and focus on providing service to her clients enabled her to create a leading weight-control company and help millions of people. Her journey is an American success story."

--Steven N. Blair, President and CEO, The Cooper Institute

"Jenny Craig is a pioneer in delivering nutritious, portion-controlled food, now recognized as one of the most powerful dietary weight-loss tools, in the context of a comprehensive program to change one's lifestyle. The story of her success in building a multinational weight-management program can serve as an inspiration to other women (and men) who have the capacity for the hard work needed to carry their creative ideas to fruition. This is a book well worth reading."

--Frank Greenway, MD, Medical Director and Professor Pennington Biomedical Research Center

"Reading the story of Jenny Craig's personal journey is a truly inspirational experience. Her persistence and adaptation to change in all aspects of her life, ranging from her personal relationships and professional activities to coping with health problems in later years, provide an exemplary model of self-actualization and compassion for others."

--G. Alan Marlatt, PhD, Director, Addictive Behaviors Research Center Professor of Psychology, University of Washington

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