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## **Novel has SECRET to Control Your Weight AND Enjoy Great Sex Without Diets or Pills!**

*Rodef Volki's mind magic reveals the secret in Diet to Live, Diet to Die*

**San Jose, CA – November 29, 2012** – Author Rodelf Volki's journey of self-discovery brings his mind and body into a natural harmony that achieves a level of physical fitness and sexual power that is not attainable through pop culture diets and exercise programs.

Volki's exploration reveals the difference between hunger and appetite and nourishment and eating. He demonstrates how the mastery of the principles explained on his journey will eliminate mindless consumption of calories while tapping into a life force that defies age and elevates sexual pleasure and the libido.

Volki refers to traditional dieting and advertised diets as unhealthy "Diet to Die" and his zen-based philosophy as the "Diet to Live," because it is not a diet at all but the ultimate holistic approach to tasting life as never tasted before.

The secret to a lighter body is a lighter mind and he shows you how to achieve it.

Dr. Volki Ph.D., a scientist, also explains in great detail the science behind the philosophy and why his method is not just another of pop culture fad but the foundation for a new age approach to combating obesity, stress and way-of-life produced disease.

Published by Flying Rock Publishing, Diet to Live – Diet to Die is planned for release in time for Christmas 2012 through Amazon.

### **About the Author**

Rodef Vokli lives in the San Francisco Bay Area. A scientist educated in Russia, he now works for a biotech company in Silicon Valley. Born in the heart of Central Asia, the land of Sufis, he became an unsettled traveler and a seeker. The variety of cultural and spiritual influences nourished his knowledge and experience, but didn't quench his thirst for understanding.

Author: Rodef Vokli Ph.D.

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For more information about Diet to Live – Diet to Die, please visit [www.flyingrockpublishing.com/diet\\_to\\_live](http://www.flyingrockpublishing.com/diet_to_live) or contact Fedor Ilkov at +408.905.8677

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