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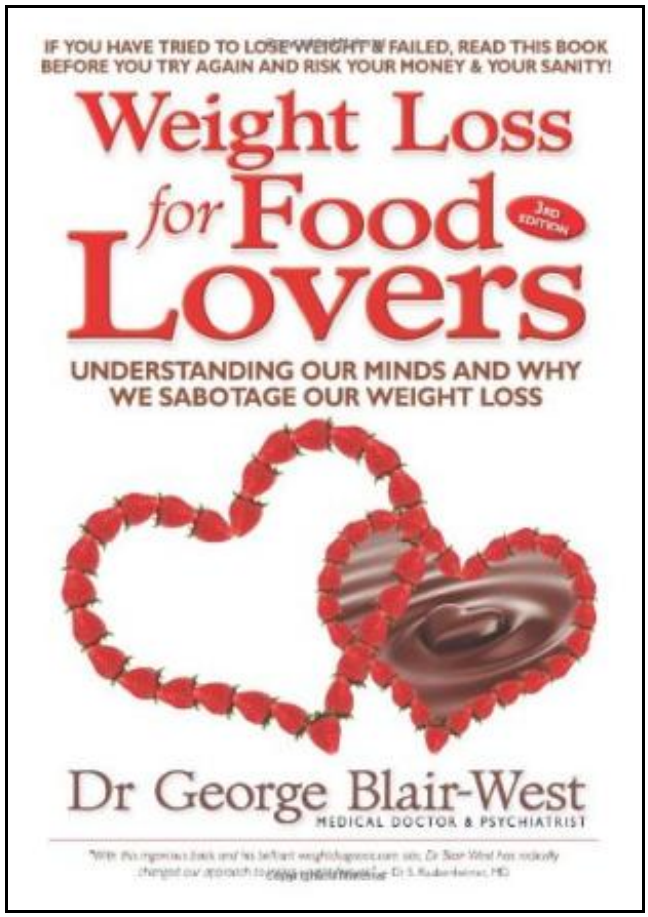

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WEIGHT LOSS FOR FOOD LOVERS: UNDERSTANDING OUR MINDS AND WHY WE SABOTAGE OUR WEIGHT LOSS

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Alclare Pty Ltd, Australia, 2008. Paperback. Book Condition: New. 3rd Revised edition. 206 x 148 mm. Language: English . Brand New Book. It s Not What s in Your Mouth -- But What s in Your Mind.The question is not What to eat? -- overweight people know they should eat! The real questions are the Whys : Why don t we eat what we should? Why do we eat what we shouldn t? And why do we sabotage our healthy eating plans? This ground-breaking book explains in fascinating but simple terms why most dieters fail at, or actually sabotage, their weight loss plans. Three key reasons are: A deep love of food; Rebelling against excessive deprivation; There are benefits to being overweight. It s not that people fail diets, it s that diets fail people. And parents are failing their children -- one of the greatest gifts we can give them is the habit of healthy eating so that as adults this comes naturally. This is not another diet book -- there are no menus, calorie charts or exercise programs -- but it is a book you must read before you try to lose weight again. By calling on the latest research, Dr Blair-West s clinical experience, the French Paradox and even Zen mindfulness, he will share the secrets of keeping the weight off.

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