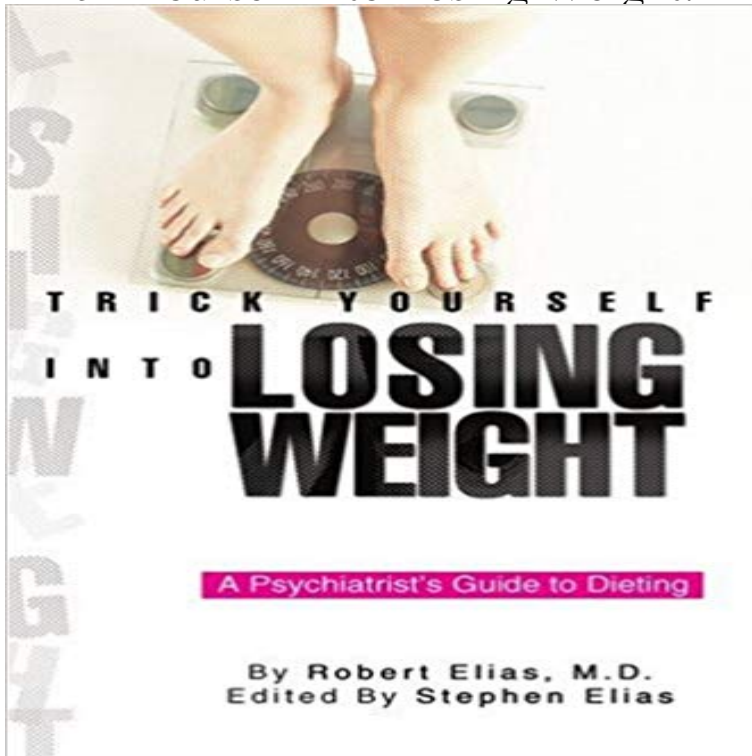


Trick Yourself into Losing Weight: A Psychiatrist's Guide to Dieting



Trick Yourself into Losing Weight is for people who have learned that diets don't work. If you're not there yet, don't buy it. If you are, this will give the information and techniques to painlessly lose weight and keep it off. Patience is required but the results will be lasting. You will be taught how to make small changes in your eating habits and exercise that will make lasting and significant changes to your waistline. Your weight loss plan will be composed of foods that you normally eat including the occasional feast. No packs of diet foods to buy. No craving for foods that you are deprived of, unlike most of the diet fads in vogue today. Trick Yourself will show you the science and psychology involved in weight loss. With understanding will come greater motivation to make those changes necessary to lose weight.

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