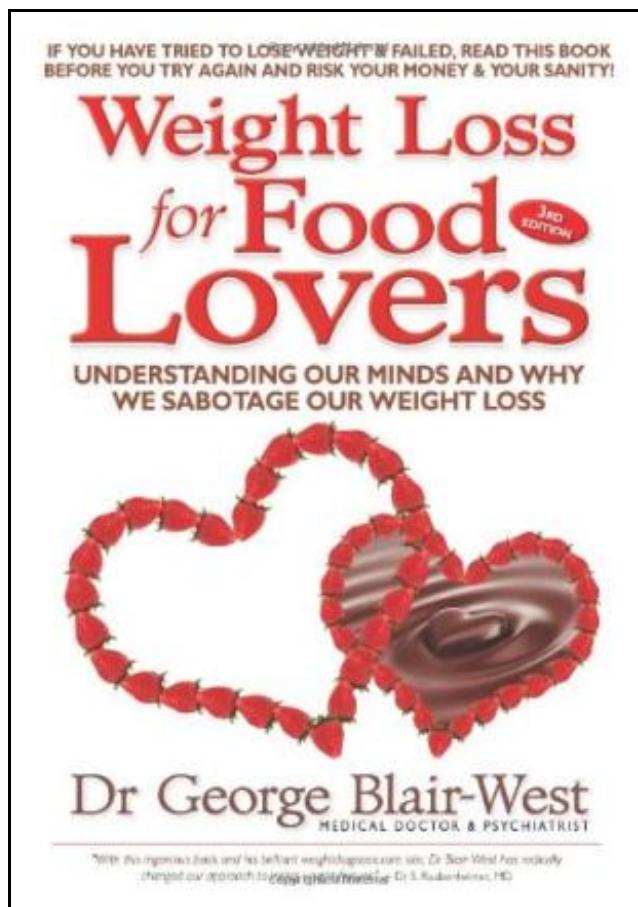


## Weight Loss for Food Lovers: Understanding Our Minds and Why We Sabotage Our Weight Loss



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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 groundbreaking 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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