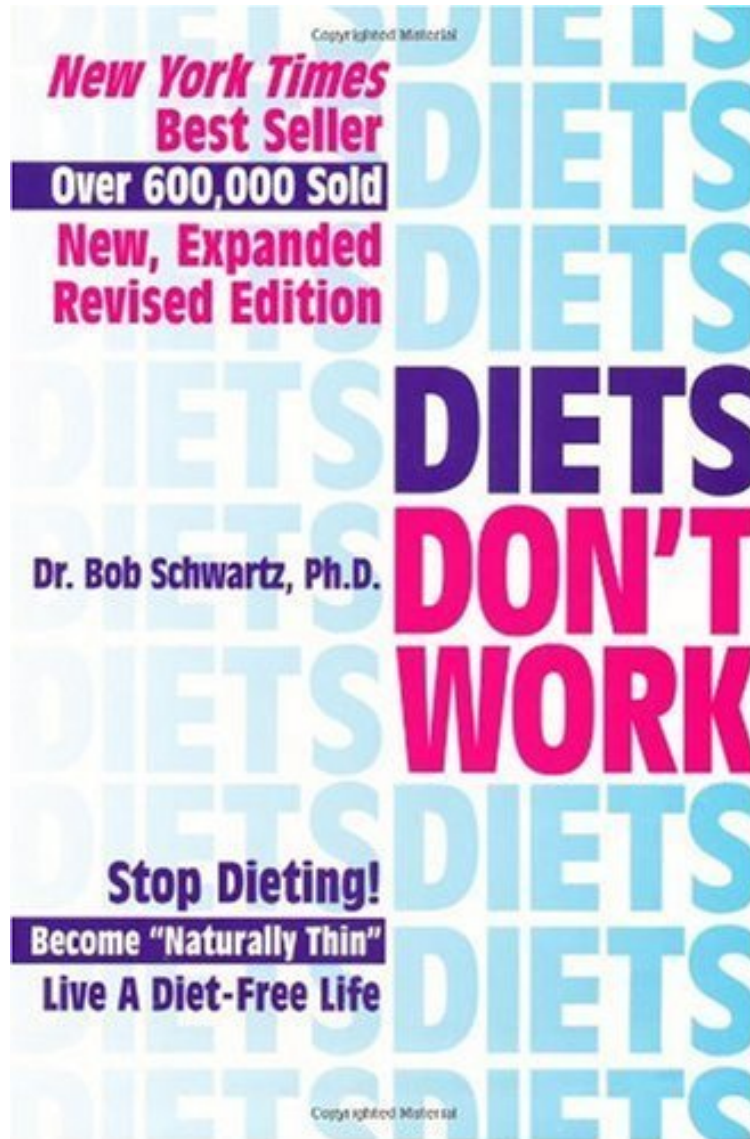


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Diets Don't Work: Now You Can Become "Naturally Thin" Step-By-Step When All Else Fails

Von Bob Schwartz

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Von Bob Schwartz : Diets Don't Work: Now You Can Become "Naturally Thin" Step-By-Step When All Else Fails before purchasing it in order to gage whether or not it would be worth my time, and all praised Diets Don't Work: Now You Can Become "Naturally Thin" Step-By-Step When All Else Fails:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. The hard

truth about becoming a thin person
Von Ein Kunde
This book contains the only original thought to penetrate the fitness and diet industry. The author works from a medical rather than a behavioural model. In other words, he works towards curing your mind of the desire to overeat, rather than treating the symptoms of overeating. The one drawback is that because this is a workbook, you probably won't want to share your copy with your friends. However, the exercises (not aerobic, but mental) work, and if you do them all, you will either lose weight or realize that you don't need to.
0 von 0 Kunden fanden die folgende Rezension hilfreich. Interesting, but again stresses size over happiness
Von Ein Kunde
This book didn't do a thing for me. No, diets don't work, but neither does exercise for many people. I'm sure that *someone* out there finds exercise exhilarating: many of us find it painful, humiliating, and worse than being fat. What Schwartz should stress is that losing weight isn't important; being thin isn't important; being fit isn't important. Being HAPPY is the only important thing in life. If exercising makes you unhappy, if it causes you pain, or if it humiliates you, it's not worth it.
0 von 0 Kunden fanden die folgende Rezension hilfreich. The best book on weight loss... ever.
Von Ein Kunde
Discover why after 26,000 diets do 80 million Americans weigh more than when they started their first diet? How "Naturally Thin" people who have never dieted stay thin. Why dieting and eating when we are not hungry are the two main reasons Americans are overweight. How to begin to immediately begin to lose weight without dieting and keep it off. You will never find a better written, brilliant, and inspiring book to help you reach your ideal weight.

Kurzbeschreibung
A commonsense approach to permanent weight loss draws on the latest research to help readers discover why they have not lost weight and to introduce effective methods for losing weight without dieting. Original. IP.
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Synopsis
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