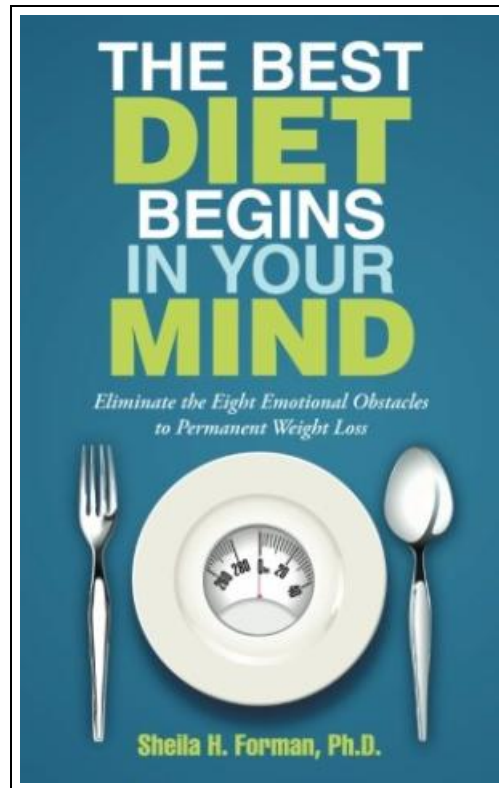


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iUniverse, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you begin your day intending to stick to a diet only to eat something you shouldn't before noon, then it's time to change course. Dr. Sheila H. Forman, Ph.D., an acclaimed clinical psychologist, identifies the emotional obstacles that may be sabotaging your weight loss goals in this guidebook to finding a slimmer and happier you. The crash course explains that there are two kinds of hunger-physical and emotional-and the secret to permanent weight loss is focusing on the latter. By understanding your own relationship with food and confronting bad habits that hold you back, you'll be ready to stun friends, family, and yourself by losing the pounds you thought were there for good. Throughout the book, you'll find About Me sections where you can record insights, aha moments, and other thoughts about what you've just read and learned about yourself. Case studies about how others react to their emotions will show you that you are not alone. It doesn't matter if you are a man or a woman, five pounds overweight or a hundred pounds overweight-you can shed pounds with The Best Diet Begins in Your Mind.



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