



Why Diets Fail Us!: . the Skinny on Weight Loss (Paperback)

By Dr Lynn Edwards, Lynn Edwards

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.More than a New Year s resolution, or short term goal for an upcoming vacation or wedding, fitness is a lifestyle. And dieting is a national phenomenon! At one time or another, we all have dieted, perhaps trying one of the fad diets of the day. Billions of dollars are spent every year in an effort to lose weight, yet the only thing getting lighter is our wallet. Over time, we have become convinced that the failure of our dieting efforts is our fault. We did not try hard enough, long enough, nor good enough. That every diet craze is the ultimate, and we would be foolish not to try it. But in actual fact, it is the diet that fails US! So, why DO diets fail us? Dr. Lynn Edwards shares her unique perspective in deciphering the perils of dieting and the psychology of weight loss. In this book, another in her series of personal empowerment books, she shares with us twelve reasons why diets fail us, while presenting three fundamental ways to achieve a healthy body and lifestyle. The 3M s...

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