

Fed Up!



[Fed Up!_下载链接1](#)

著者:Oliver-Pyatt, Wendy

出版者:McGraw-Hill

出版时间:2004-5

装帧:Pap

isbn:9780071438018

The essential book to end dieting forever "The advice is straightforward and sensible ...The book is a refreshing approach to weight management." -Publishers Weekly "[Oliver-Pyatt's] advice is inspiring, from throwing away your scale to learning to enjoy feeling hungry." -Natural Health magazine People are Fed Up with their bodies, their diets, and the constant feeling of hopelessness -believing that they'll never look, feel, and achieve what they desire for their self image. Now, in 10 steps, Dr. Wendy Oliver-Pyatt changes the lives of all those who are "fed up." No carb counting, ab rolling, or juicing-instead, Dr. Oliver-Pyatt shows how people can lose weight and develop a healthy attitude toward food-for life. Here readers will learn how to: * Learn how to stop suffering from "the disease of dieting" * Avoid measuring one's own value by dress size * Overcome negative relationships with food * Set realistic weight loss goals * Put dieting in its proper life perspective

作者介绍:

目录:

[Fed Up!_下载链接1](#)

标签

评论

[Fed Up!_下载链接1](#)

书评

[Fed Up!_下载链接1](#)