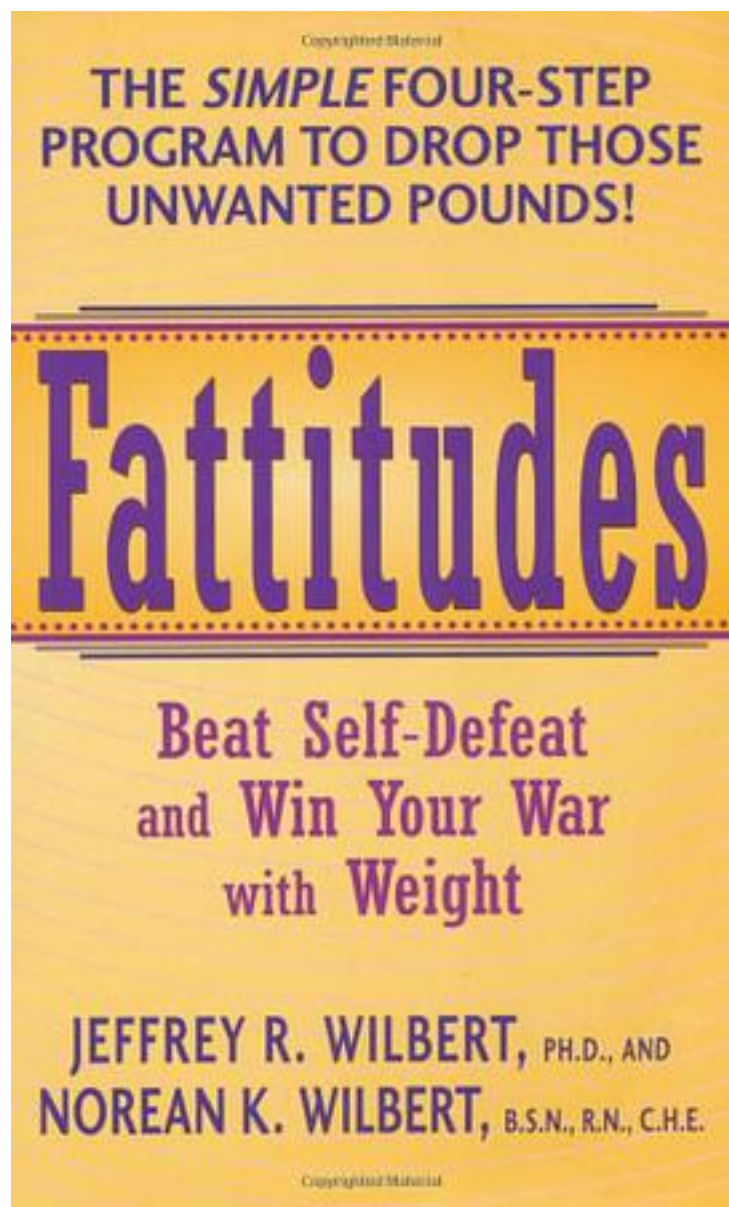


# Fattitudes



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What's keeping you from slimming down? It may be "Fattitudes!" Fattitudes are the thoughts and feelings that sabotage your weight-loss goals. Dr. Jeffrey R. Wilbert and his wife Norean, who have had personal and professional experience fighting the war against fattitudes, tell you how to stop self-sabotage.

Learn how to: Discover the feelings, thoughts, and unresolved issues that make up your fattitudes.

Invent new modes of thinking and feeling.

Extinguish your old, self-defeating patterns.

Transform your new, fattitude-free way of thinking into healthy living.

If you reach for the Ben and Jerry's when you're feeling blue, feel unable to stop eating, or find yourself dieting and failing, again and again, Fattitudes provides an easy-to-follow, step-by-step new "D.I.E.T." plan. With compassion and advice that really works, it enables you to transform both your body and mind, as you witness yourself becoming thinner, healthier, and more in control--of your eating, and your life.

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