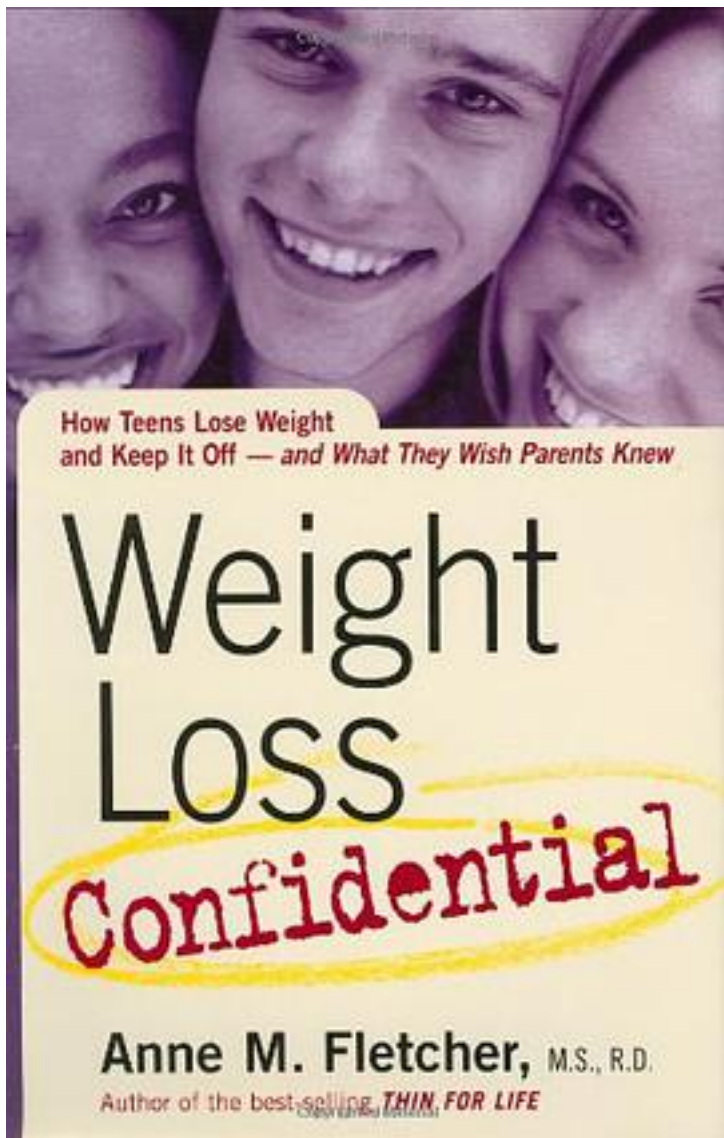


Weight Loss Confidential



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著者:Fletcher, Anne M.

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The only book to go to the real experts on how teens lose weight successfully: teens who have actually done it. Using the approach that made her book *Thin for Life* an award-winning bestseller, Anne M. Fletcher interviewed and surveyed more than 100 teens who had lost weight - some as much as 100 pounds - as well as their parents. Many of these teens came from overweight families and had been heavy since childhood. Yet they were able to turn things around and make important lifestyle changes. How did they do it? What works? What doesn't? And what can families do to help? In *Weight Loss Confidential*, you'll meet: -Taylor S., who lost 100 pounds when he was sixteen and has kept the weight off for about four years. -Joelle T., who watched the scale climb beyond 200 pounds when she was in the eighth grade. She's lost 55 pounds. -Robin S., thirteen, who weighed 170 pounds by the time she was nine and who has since slimmed down. "I have a lot more friends now and more energy," she says. -Wes G., Fletcher's own son, who was inspired to lose 65 pounds after meeting another boy who had lost weight. That's when Fletcher realized that teens listen more readily to other teens than to adults. Challenging conventional assumptions about teen weight loss, Fletcher distills the results of the latest scientific studies and findings of the countless authorities in the field, weaving them together with her own conclusions. In so doing, she shows that there is no one-size-fits-all prescription for teen weight loss but a variety of strategies that make a difference. With the number of overweight children and teens skyrocketing, *Weight Loss Confidential* offers solutions - healthy approaches that families can use for a lifetime.

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