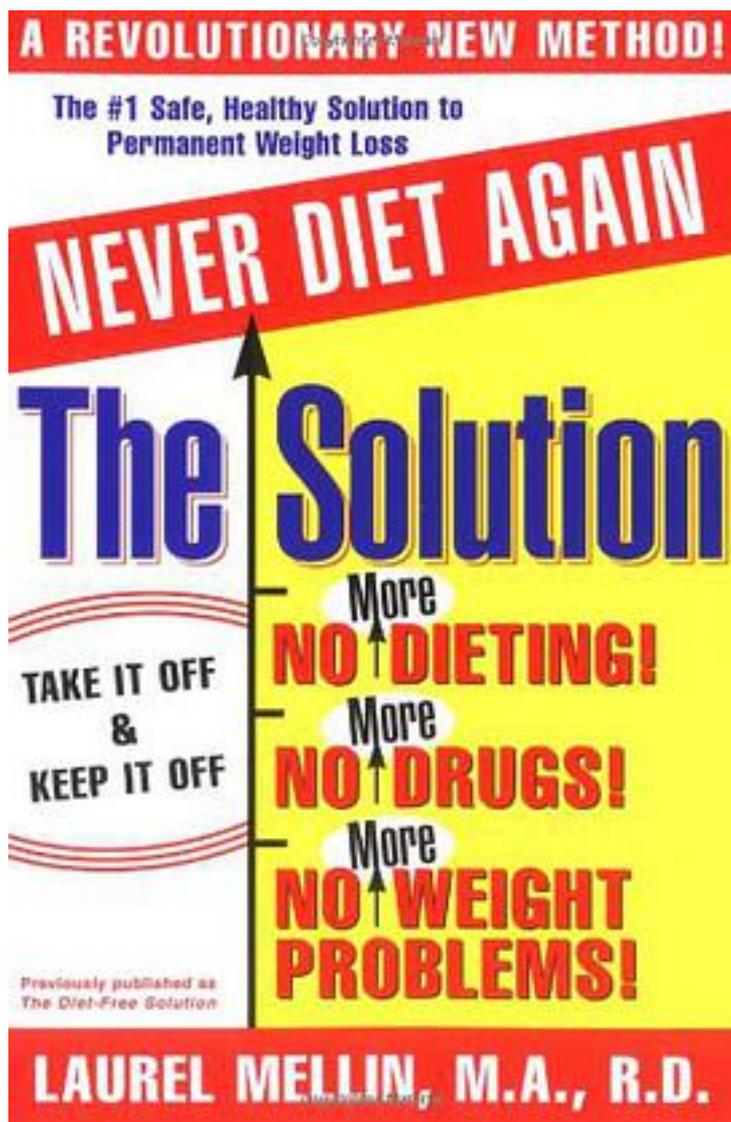


Diet Free Solution



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You've tried everything--the pills, the shakes, the diets, even the surgery--and it's been a losing battle. But permanent weight loss isn't impossible. Not anymore . . . Now dietary expert Laurel Mellin offers a scientifically proven, agony-free, breakthrough program for weight loss that doesn't require deprivation or superhuman willpower. The Diet-Free Solution presents a practical six-step plan that succeeds where other diets fail because it identifies the psychological, physical, and lifestyle causes of weight problems--the powerful mind and body drives that lead to overeating and inactivity--and offers the cure for each. You can change your body--and ultimately your whole life--with: The Nurturing Cure: How to become aware of your feelings and meet your own needs The Limits Cure: How to control your actions and set appropriate, realistic expectations The Body Pride Cure: How to turn off negative stereotypes about fat The Good Health Cure: How to become aware of body health and stay healthy The Eating Cure: How to eat regular meals and maintain a healthy diet The Activity Cure: How to maintain an exercise program and find personal time Until you understand the whole truth about your weight problem, you can't solve it. Whether you're trying to lose those last five pounds, end a compulsive eating problem, or shed more weight than you ever thought you'd carry, let The Diet-Free Solution work for you now and for the rest of your life!

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