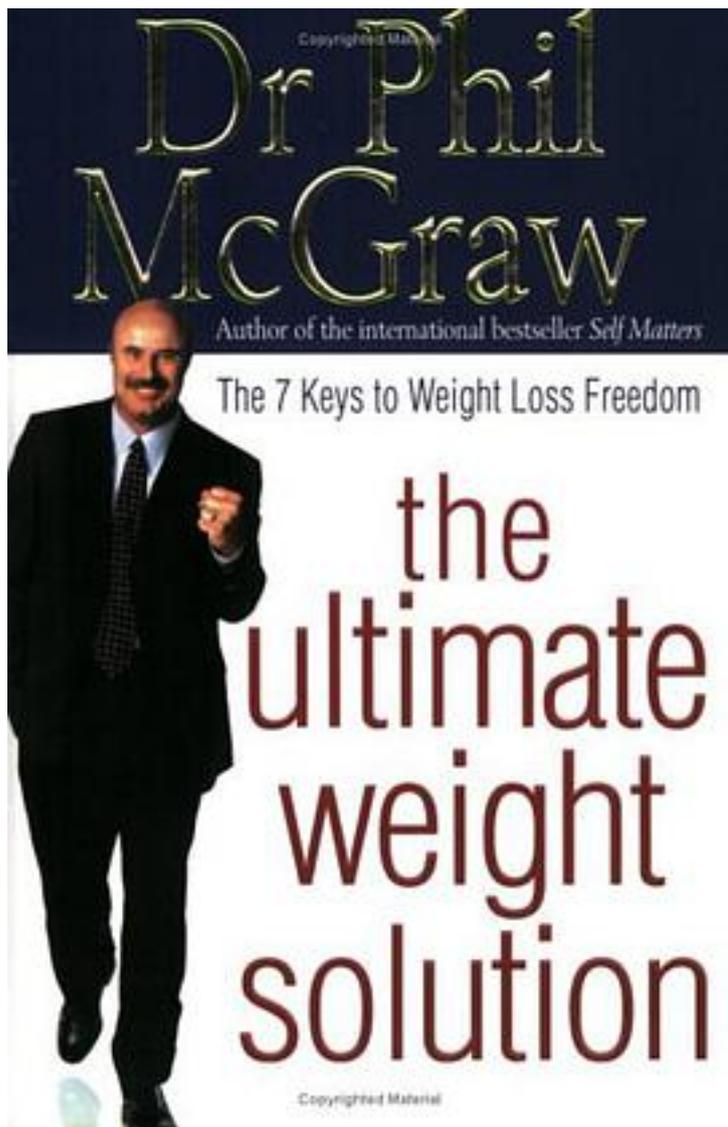


The Ultimate Weight Solution



[The Ultimate Weight Solution 下载链接1](#)

著者:McGraw, Dr. Phil

出版者:Simon & Schuster (Australia)

出版时间:2004-1

装帧:Paperback

isbn:9780743232326

'It is time to stop dieting, and start getting real about your weight'. So says the bestselling author of SELF MATTERS and LIFE STRATEGIES. Here, Dr Phil gives his usual no-nonsense advice, arguing that traditional dieting beliefs about will power and portion size are far less relevant to losing weight than the individual's self-esteem. He encourages readers to discover the reasons why they are overweight and emphasises that getting and staying slim is as much about behavioural transformation as it is about food. Dr Phil takes readers from start to finish of their pound-shedding journey. He shows readers why they haven't been able to lose weight, and, indeed that they might have chosen to be overweight, whether they are aware of it or not. His clear weight loss plan enables readers to determine their weight loss goal and then meet it. In following these steps, readers will gain a whole new outlook on weight, one which helps them to lead healthier, happier lifestyles - permanently.

作者介绍:

目录:

[The Ultimate Weight Solution_ 下载链接1](#)

标签

评论

[The Ultimate Weight Solution_ 下载链接1](#)

书评

[The Ultimate Weight Solution_ 下载链接1](#)