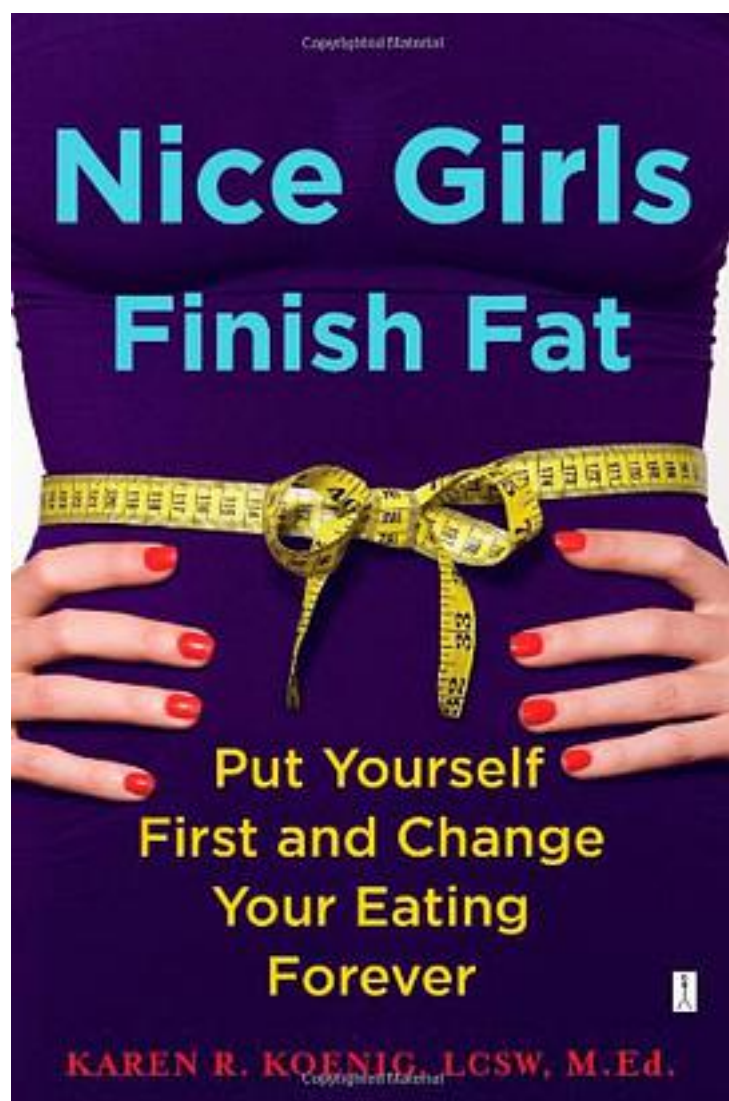


Nice Girls Finish Fat



[Nice Girls Finish Fat_ 下载链接1](#)

著者:Karen R Koenig

出版者:Fireside

出版时间:2009-06-02

装帧:Paperback

isbn:9781416592648

How often have you thought no but said yes? About as many times as you've thought fruit cup and ordered cheesecake? Sometimes diet and exercise alone just aren't enough! Many women put too much on their plates, both literally and figuratively. For those who always put others first, psychotherapist Karen R. Koenig explains the link between being too nice and eating too much and gives detailed advice on how to lose that extra baggage -- both emotional and physical -- by becoming more self-focused and assertive in every aspect of life. - Take the "How Nice Are You?" quiz to figure out if your Good Girl persona is sabotaging your weight-loss efforts. - Try the "Grab Your Thinking Cap" exercises to understand why you might be finding fulfillment inside the fridge instead of in other aspects of your life. - Use the "Nice Girl Recovery Tips" to learn practical strategies for saying no and putting yourself first...so you can finally lose the weight you want. Karen Koenig's on-the-page psychotherapy helps women attack the source of their food issues and find a different path to happiness -- one that doesn't pass through the kitchen and does lead to healthy habits for life.

作者介绍:

目录:

[Nice Girls Finish Fat_下载链接1](#)

标签

评论

[Nice Girls Finish Fat_下载链接1](#)

书评

[Nice Girls Finish Fat_下载链接1](#)