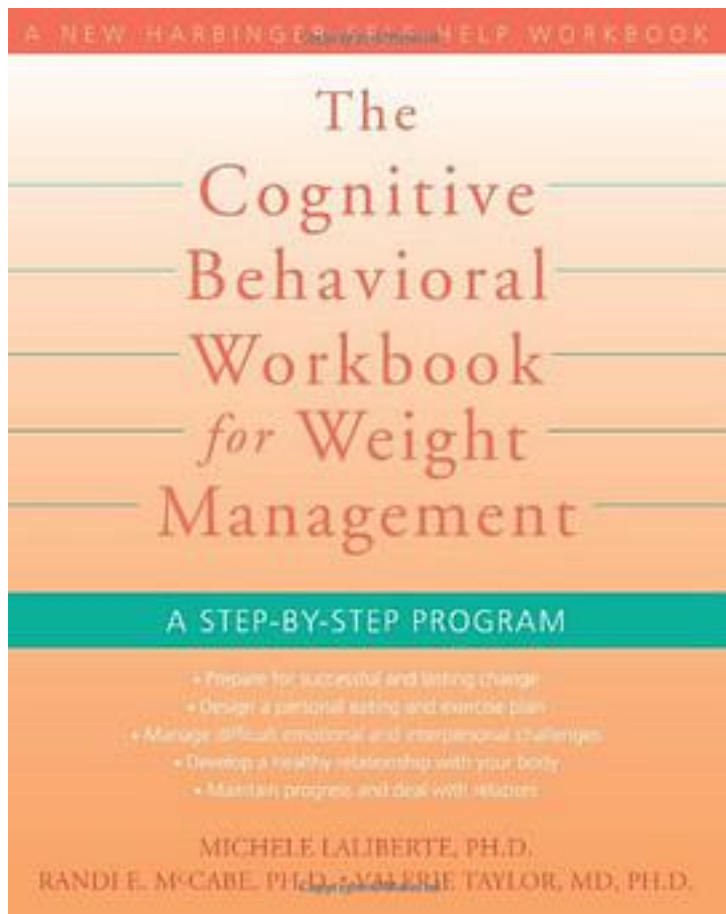


Cognitive Behavioral Workbook for Weight Management



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Millions of people know what they have to do to lose weight, but find it difficult to be disciplined when they put weight loss programs to work in their lives. "The Cognitive

Behavioral Workbook for Weight Management" offers proven-effective tools people need to stay disciplined and dedicated to their weight loss goals. Cognitive behavioural therapy (CBT) has been used by therapists for years to treat a diverse range of mental health conditions, and it has been found to be effective for weight loss as well. In this workbook, readers will complete exercises and worksheets designed to help them choose the strategy most likely to be effective for them: healthy living, weight loss through lifestyle changes, weight loss supported by medication, or weight loss (bariatric) surgery. The book helps readers change their lifestyle gradually and permanently by preparing themselves, their homes, their family, and their friends for the change. Readers then learn a set of skills they can use to ensure adherence to their plan, and receive ample advice for managing situational and emotional eating triggers and other potential setbacks.

作者介绍:

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