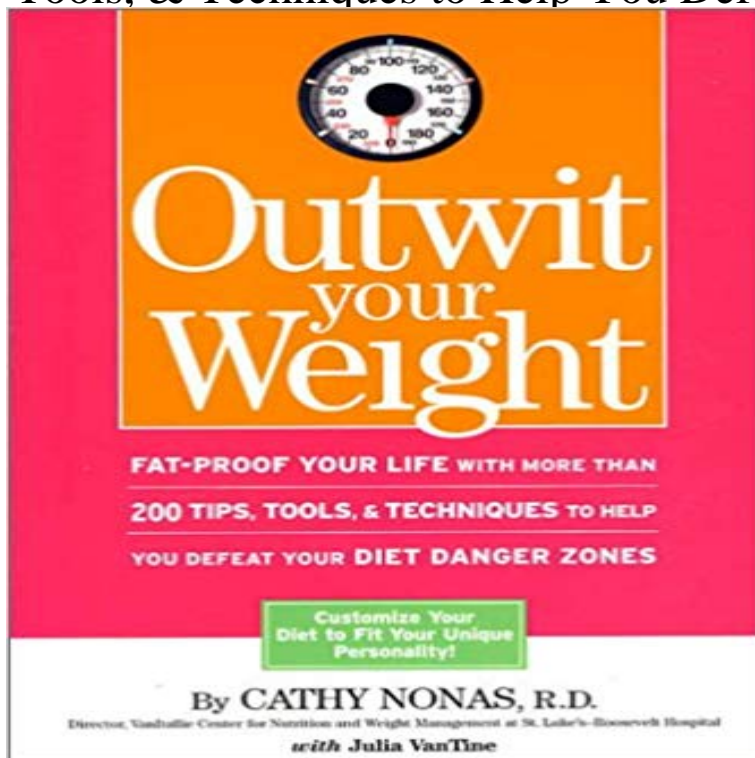


Outwit Your Weight: Fat-Proof Your Life With More Than 200 Tips, Tools, & Techniques to Help You Defeat Your Diet Danger Zones



Get ready to discover a totally new way to think about weight control-- a system that virtually guarantees success! Years of working with overweight men and women has convinced weight-loss expert Cathy Nonas that there's only one surefire way to lose weight and keep it off. And it isn't dieting. It's learning to use tools-- small, yet ingenious tips, tricks, and techniques that help keep your eating and exercise habits on track-- no matter what diet you're on. Here, Cathy reveals more than 200 tools road-tested by her thousands of clients that will help you eat smarter, get and stay active, and break through self-destructive thinking patterns and behaviors that have sabotaged your weight-control efforts in the past. You'll also find: * The Eating Assessment Test (EAT), which helps you decipher your eating style and discover the patterns and pitfalls that stand in the way of having a slimmer, healthier body.* The Top 40 Diet Danger Zones-- the traps and pitfalls that typically cause us to abandon our weight-control programs.* Worksheets and quizzes throughout the book that allow you to think about weight loss from your own perspective.

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