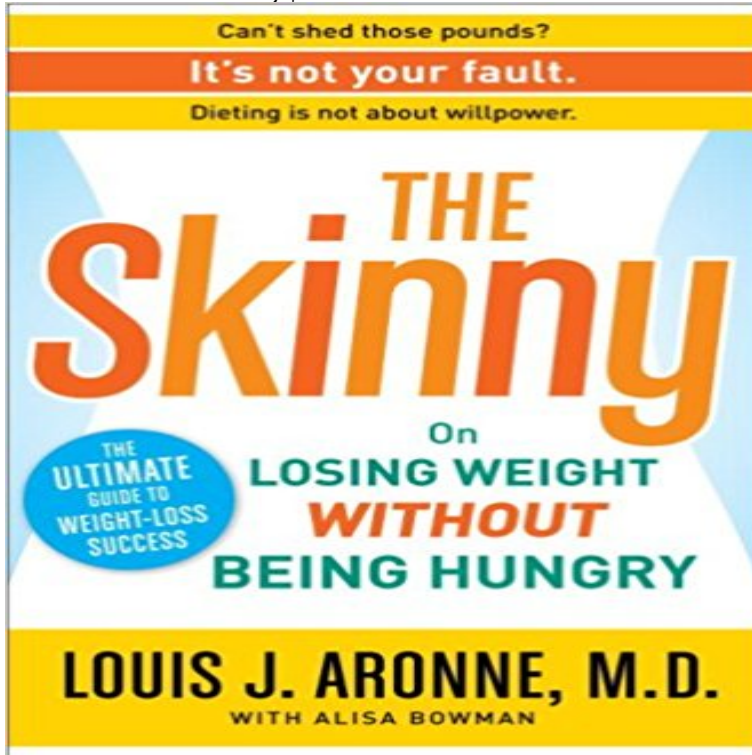


The Skinny: On Losing Weight Without Being Hungry-The Ultimate Guide to Weight Loss Success



Tried diet after diet and still cant lose weight? Its time to call the expert. In The Skinny, Dr. Louis Aronne, Americas top weight-loss specialist, shares the plan that has worked so well for his many patients. Through his friendly guidance, youll finally learn how to:stop the weight-loss, weight-gain cyclelearn the strategy for feeling full with fewer calories teach your brain to stop craving foodlearn to put down your fork and automatically push away from the tablewithout counting a single calorielearn what common medications and medical conditions can make you gain weight lose the weighteven if nothing else has workedDr. Louis Aronne is the expert whom doctors refer their toughest cases to. For more than twenty years hes worked on the front lines of obesity research and treatment. The founder and director of the Comprehensive Weight Control Program at New YorkPresbyterian Hospital /Weill Cornell Medical Center, he has helped thousands of people achieve lasting weight loss. In The Skinny, Dr. Aronne shows you how to fix your internal biology by adjusting your eating and activity one step at a time. Including comprehensive menus, restaurant options for every type of food, a do-it-at-home strength plan and exercise plans, more than fifty low-calorie, high-satisfaction recipes, and extensive advice that helps you put the plan into practice, this is the only book youll need to learn how to defeat your hunger and cravings, and make the changes to your biochemistry that will keep the weight off for good. Are you tired of yo-yo dieting? Tired of the pain and discomfort of being overweight? Do you finally want to feel good about the body youre in? Is long-term weight loss as important to you as initial short-term loss? Then youre ready to commit to The Skinny.

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