



Staying Sane When You re Dieting

By Pam Brodowsky, Evelyn Fazio

The Perseus Books Group, United States, 2006. Paperback. Book Condition: New. Da Capo Press.. 203 x 140 mm. Language: English . Brand New Book. Have you ever told yourself that bingeing after 10 p.m. doesn t really count? You re not alone. Good intentions and logic fly out the window when you re hungry. Now, from the front lines of dieting hell, here are true stories to get you over dieting hurdles large and small. Funny, encouraging, and motivating, this book satisfies the dieter s appetite for distraction until they ve reached their weight goal. Misery loves company and sometimes the only advice we ll take is from someone who has already stood in our shoes. Whether it is about giving up smoking, trying to lose weight, or having in-laws move in for a month, the Staying Sane series provides readers with just this kind of been-there, done-that commiseration. Each Staying Sane volume is filled with sometimes humorous (laughter is the best medicine, after all!), sometimes inspiring but always sanity-saving success stories of how other people have overcome obstacles or have risen above the situations in question. Practical tips and coping strategies lighten the reader s load throughout. Bibliotherapy of...



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