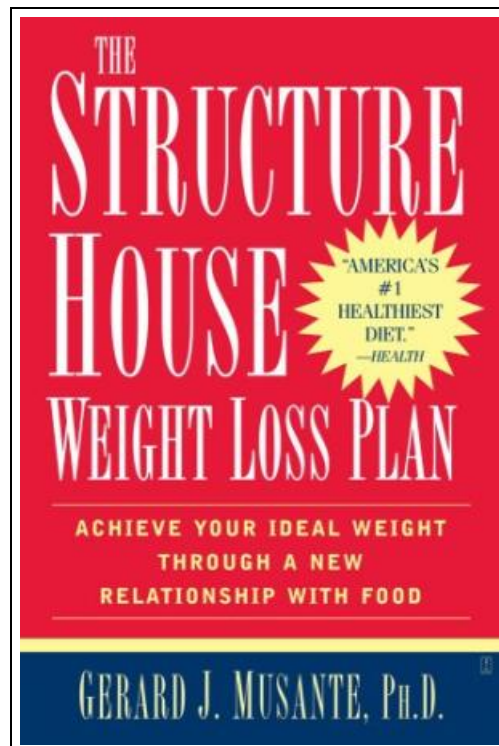


The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship With Food (Paperback)



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Reviews

It in a of the best publication. It is among the most remarkable publication i have read through. Your lifestyle period will be change once you complete reading this article publication.
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THE STRUCTURE HOUSE WEIGHT LOSS PLAN: ACHIEVE YOUR IDEAL WEIGHT THROUGH A NEW RELATIONSHIP WITH FOOD (PAPERBACK)



SIMON SCHUSTER, United States, 2008. Paperback. Condition: New. Reprint. Language: English . Brand New Book. It's Not Food That Makes You Fat -- It's Your Relationship with Food HEALTH magazine named THE STRUCTURE HOUSE WEIGHT LOSS PLAN one of America's Top 10 Healthiest Diets. (Jan/Feb issue) Dr. Gerard Musante and his world-renowned residential weight loss center Structure House in Durham, North Carolina, have helped more than thirty thousand people lose weight. A stay at Structure House costs thousands of dollars. Now Dr. Musante's innovative ideas and effective treatment methods are yours for the price of this book. During his thirty years of practice, Dr. Musante has shown that it is your relationship with food that determines your ability to reach your ideal weight. His system targets behaviors resulting from habit, boredom, or stress that lead to unstructured eating -- eating for nonnutritional reasons -- and presents concrete methods for designing new, structured eating patterns to develop a weight loss plan that finally works. You'll learn to isolate your unhealthy eating, recognize and neutralize the food triggers that cause your unstructured eating, and stop using food to satisfy needs other than hunger. Dr. Musante's method gets to the root of these behaviors by helping you reconstruct your daily experience with food and therefore the choices you make about what to eat. Using the proven Structure House approach, you'll be in control of food -- not controlled by it. And then, finally, you'll be able to lose weight successfully -- and keep it off.

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