

Fattitudes

Beat
Self-Defeat
and Win
Your War
with Weight

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Noreen K. Wilbert, B.S.N., R.N., C.H.F.

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Fattitudes Jeffrey R. Wilbert, Noreen K. Wilbert, 2000-05-05 What's keeping you from slimming down? It may be Fattitudes. Fattitudes are the thoughts and feelings that sabotage your weight loss goals. Dr. Jeffrey R. Wilbert and his wife Noreen, who have had personal and professional experience fighting the war against fattitudes, tell you how to stop self-sabotage. Learn how to discover the feelings, thoughts, and unresolved issues that make up your fattitudes. Invent new modes of thinking and feeling. Extinguish your old self-defeating patterns. Transform your new fattitude-free way of thinking into healthy living. If you reach for the Ben and Jerry's when you're feeling blue, feel unable to stop eating, or find yourself dieting and failing again and again, Fattitudes provides an easy-to-follow step-by-step new D I E T plan. With compassion and advice that really works, it enables you to transform both your body and mind as you witness yourself becoming thinner, healthier, and more in control of your eating and your life.

Fattitudes Jeffrey R. Wilbert, Noreen K. Wilbert, 2000-05-05 Overcome a diet mentality and wake up to fattitudes hidden fat attitudes that keep people from achieving weight loss goals. This groundbreaking book will place readers on the path to winning their war with weight for life.

[The Diet Pill Guide](#) David Dodson, Deborah R. Mitchell, David Charles Dodson, 2002-01-15 Can you lose weight by taking a pill, powder, or tea? Find out the truth and the risks. Containing up-to-date authoritative information, The Diet Pill Book spells out what over 200 name-brand products contain and analyzes the validity of the manufacturers' claims. Warnings, cautions, and possible allergic reactions are clearly stated. This essential reference covers prescription weight loss products including Mazanor, Xenical, and Meridia. Single ingredient over-the-counter weight management products including Chitosan, Chromium picolinate, and Pyruvate. Combination over-the-counter weight loss products including diet teas, herbal laxatives, metabolism boosters, and fat-reducing soap. Each entry explains whether or not the ingredients promote weight loss and if so, how. If the dosage is sufficient to promote weight loss. If there are any reliable studies to support manufacturers' claims. If the product is safe if it interacts with other drugs or foods and what its potential side effects might be. Before you take any weight loss product, protect your health and save your money with The Diet Pill Book.

Simple Steps Lisa Lelas, Linda McClintock, Beverly Zingarella, 2003-05-06 The bills are piling up. The kids need a ride to practice. And you're eating on the run. Thankfully, there are Simple Steps to make a woman feel calm again. Many women crave a sense of order and control but have no idea how to attain it and find themselves overwhelmed with a thousand daily details. Now the women who established the popular Simple Steps program show readers how to calm and simplify their life in just ten weeks. Each week, women will learn a new Simple Step for addressing key areas in their lives: weight, health, home, and spirit. And before they know it, they'll be breathing easier and living better than ever before.

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The Brave Body Method Eileen Wilder,2016-02-14 STOP STRIVING AND START LOSING In this landmark book Eileen Wilder shares her compelling journey to lose weight and overcome the powerful grip of eating disorders depression and anxiety Using these 4 simple strategies she shows how you can finally lose the weight and keep it off forever Eileen s astonishing transformation began when she realized the link between her low self esteem negative self talk and weight loss Eileen says It s only by immersing yourself in your God given identity and transforming your thinking that you can finally lose the weight and gain lasting self acceptance Since this book was first released hundreds of women have seen miraculous results using this simple yet surprisingly powerful approach The testimonials about this method are nothing short of remarkable With hundreds of reader comments this book has received 5 stars and enthusiastic praise from women who have tried every diet book and failed but now through The Brave Body Method are experiencing lasting success Now The Brave Body Method is being released with national distribution and a significant PR campaign that will drive explosive sales with proven demand Most importantly since this program is not a diet you have never blown it Learn how to Lose weight And keep it off permanently by doing less not more Finally see yourself how God sees you and send your self esteem soaring Gain Control over your mind and move from frustration to freedom Cease Negative Self Talk once and for all by using the Strainer Technique Effortlessly build confidence through strategic mini habits Speak the exact phrases that will elevate your mood immediately

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In a global eaten by monitors and the ceaseless chatter of instantaneous conversation, the melodic beauty and psychological symphony created by the published word often fade into the backdrop, eclipsed by the constant sound and interruptions that permeate our lives. But, set within the pages of **Fattitudes Beat Self Defeat And Win Your War With Weight** a stunning literary prize full of raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that captivating masterpiece conducts readers on an emotional journey, well unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the moving assessment, we shall examine the book is central harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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