



Thin for Life

By Anne M. Fletcher

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Thin for Life By Anne M. Fletcher

Anne Fletcher's acclaimed bestseller, which refuted the popular notion that losing weight permanently is hopeless, is revised to include a discussion of high-protein, low-carbohydrate diets, obesity medications, a body mass index chart, and an updated references list. Updated stories from the masters--those who have lost weight and kept it off, along with statistics from the National Weight Control Registry reinforce Fletcher's message that losing and maintaining weight-loss are attainable goals.

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Thin for Life By Anne M. Fletcher Bibliography

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Editorial Review

Amazon.com Review

What a novel idea: if you want to know how to successfully lose weight, study the real experts--the people who have done it! Registered dietician Anne Fletcher did just that. She surveyed 160 "masters" who succeeded in losing at least 20 pounds and keeping the weight off for at least 3 years. This was the minimum; most lost far more weight--an average of 63 pounds--and more than one-third have kept the weight off for a decade or more.

How did they do it? *Thin for Life* presents their success stories, strategies, motivation, inspiration, and tricks. Most had tried "many times and many ways" to lose weight before discovering what worked for them and how to prevent and recover from relapses. Some techniques worked for many--such as keeping a food diary and increasing exercise. Others were highly individual and will spur you to do your own creative thinking. Fletcher compiles the "10 keys to success" that emerged most often, lets the masters speak for themselves throughout the book, and fills in additional, valuable information and resources. Whether you have 10 pounds to lose or 100, this book will help you do it--safely, effectively, and permanently. Highly recommended. --*Joan Price*

Review

"A must-read for anyone struggling with a weight problem." (*Good Housekeeping*)

From the Publisher

Thin for Life is chosen one of the "Three Best Diet Books on the Market" by the Tufts University Health & Nutrition Letter AND receives a 2004 National Health Information Award.

Users Review

From reader reviews:

Cheryl Grosvenor:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a publication. Beside you can solve your trouble; you can add your knowledge by the e-book entitled Thin for Life. Try to the actual book Thin for Life as your pal. It means that it can to get your friend when you experience alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunated for yourself. The book makes you a lot more confidence because you can know almost everything by the book. So , let me make new experience and also knowledge with this book.

Kirk Mathews:

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means of it. So , do you nonetheless thinking Thin for Life is not loveable to be your top list reading book?

Christopher Jorge:

The reason why? Because this Thin for Life is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book close to it was fantastic author who else write the book in such wonderful way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have got such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the guide store hurriedly.

Kevin Dobson:

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