

How to Make Almost Any Diet Work Repair Your Disordered Appetite and Finally Lose Weight

Katherine, Anne, author

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Abstrak

Finally, a solution for the 138 million Americans who are overweight and obese. Bestselling author and psychotherapist Anne Katherine herself a recovering overeater who specializes in treating appetite disorders and food addictions leads the reader step by step through a process that will make her ready and able to diet successfully. The book teaches her about the chemistry behind appetite, hunger, fullness, and satiety, and gives her focused activities to decrease her appetite and increase her satiety. Working from the reality that most overeaters use food as a comfort drug, Anne gradually shows the reader how to acquire comfort from other, healthier sources. At the same time, the book provides practical tools to help the reader analyze her own body chemistry. She will ultimately use this information to choose the diet that will best fit her