

# [PDF] Thin For Life: 10 Keys To Success From People Who Have Lost Weight And Kept It Off

Jane Brody, Anne M. Fletcher - pdf download free book

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#### Books Details:

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Author: Jane Brody, Anne M. Fletcher

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#### Description:

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* )

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