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Weight No Longer

William G. Johnson, Peter M. Stalonas

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"...this book, written by two psychologists, offers sound weight-reducing advice through a behavioral modification approach that stresses permanent weight loss through the establishment of good eating and exercise habits . . . a well thought out diet plan."
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". . . thorough and detailed note-keeping and reinforcing aids, graduated according to one's success in meeting previous goals."
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No fads, no pills, no gimmicks--just proven methods working together to establish a lifelong pattern of good habits. Good nutrition, regular exercise, and appropriate eating patterns, drawn together within a behavioral psychology framework, make this the most medically and psychologically sound approach yet devised for losing weight and keeping it off. No need to give up favorite foods, no need to give in after an occasional binge; as activity increases and weight decreases, rewards will multiply.
Developed and evaluated in scientific studies conducted over a six-year period, the Weight No Longer program has been further refined through routine application in weight-control clinics at the State University of New York at Stony Brook, the University of Rochester, and the University of Mississippi Medical Center.
Using case histories to illustrate each point, Johnson and Stalonas provide explicit instructions on exactly what to do, and when and why to do it. Each chapter is a separate unit, with information to be read, guidelines to be followed, and simple tasks to be completed before the next chapter is begun.

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