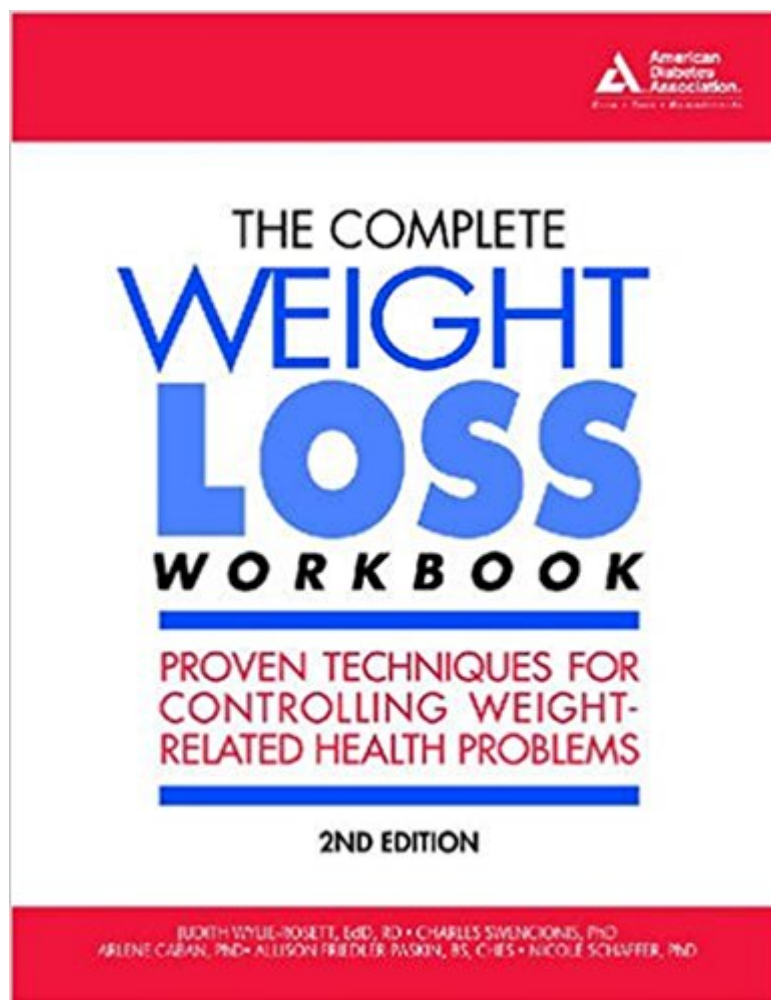




The book was found

The Complete Weight Loss Workbook: Proven Techniques For Controlling Weight-Related Health Problems



Synopsis

Weight loss tips for people with diabetes Lose weight and keep it off! This is the same lifelong weight-control plan used by a National Institutes of Health research study to help more than 1,500 people lose weight. This book can help readers tailor a personalized plan to meet their goals.

Book Information

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Customer Reviews

Judith Wylie-Rosett, Ed.D., R.D. is the lead author and associate director of the Diabetes Research and Training Center at the Albert Einstein School of Medicine at Yeshiva University. She is also a coauthor of 101 Weight Loss Tips for People with Diabetes.

This book contains excellent worksheets, sample menus, and some recipes. It is informative with scientific specifics presented and explained. The content increased my knowledge of weight management and provided helpful strategies. I couldn't implement all of the suggestions but some have really stuck with me. There are helpful hints throughout the book. I recommend it to those looking to control their weight.

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