



If Not Dieting Then What?

Dr. Rick Kausman

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This straightforward, no-nonsense guide to weight management addresses the evidence that weight-loss treatments may worsen rather than improve long-term physical and psychological health. The solution of an attitude change that calls for a more positive view of food that is not characterized by the "no pain, no gain" ethos is presented. How to minimize fat intake without sacrificing food enjoyment is also explained.

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