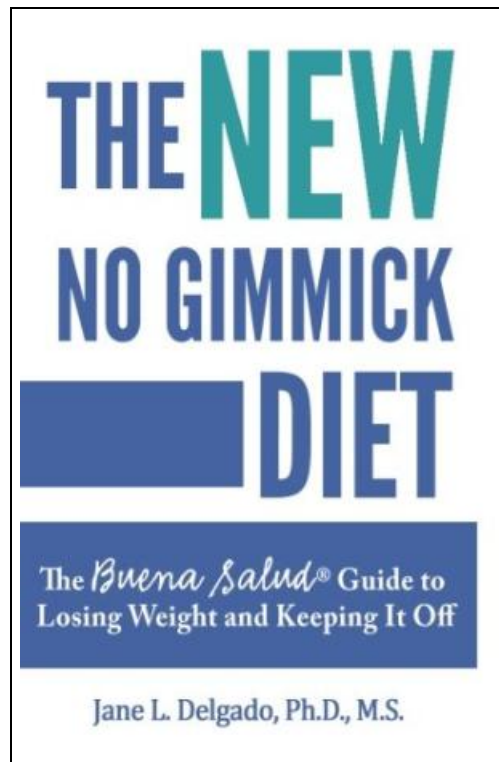


The New No Gimmick Diet: The Buena Salud(r) Guide to Losing Weight and Keeping It Off (Paperback)



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THE NEW NO GIMMICK DIET: THE BUENA SALUD(R) GUIDE TO LOSING WEIGHT AND KEEPING IT OFF (PAPERBACK)

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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

AS FEATURED IN REDBOOK One of the many reasons to love The NEW No Gimmick Diet is this sane advice from author Jane L. Delgado, Ph.D.: Stop thinking it's about willpower. Struggling to lose weight is not a moral failure, she says. It takes strategies like patience: being okay with a little bit of hunger, eating slowly, and knowing it doesn't happen overnight. --REDBOOK (July/August 2017) DR. JANE DELGADO OFFERS READERS THE REAL STORY ON HOW TO LOSE WEIGHT AND KEEP IT OFF IN NEW BUENA SALUD(R) GUIDE Cutting-edge science and real-life stories. How to rethink and redo our relationship with food and eating. The external forces that make you eat. The impact of your biology, sugar, and fat. Overcoming barriers to successful weight loss. Being hungry should not be an on switch to eat; it should be a dial that we need to learn to calibrate, advises Dr. Jane L. Delgado in THE NEW NO GIMMICK DIET - THE BUENA SALUD(R) GUIDE TO LOSING WEIGHT AND KEEPING IT OFF. A practicing clinical psychologist, as well as the president and CEO of the National Alliance for Hispanic Health, Dr. Delgado knows firsthand the challenges of losing weight and keeping it off. After years of carrying excess weight she lost 51 pounds and has maintained her weight loss. This book is not for everybody, but it is for all of us who carry some excess weight, who are hoping to find a way to get the results we want to achieve, and who want to keep the weight off, says Dr. Delgado. Dr. Delgado, goes on to explain that Losing weight and keeping it off is about the individual....



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