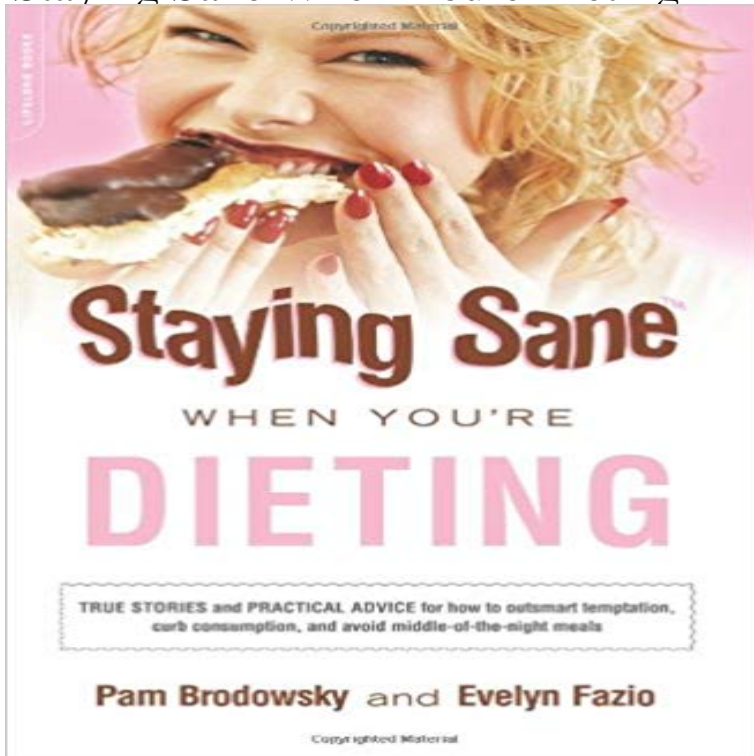


## Staying Sane When You're Dieting



Have you ever told yourself that bingeing after 10 p.m. doesn't really count? You're not alone. Good intentions and logic fly out the window when you're hungry. Now, from the front lines of dieting hell, here are true stories to get you over dieting hurdles large and small. Funny, encouraging, and motivating, this book satisfies the dieters' appetite for distraction until they've reached their weight goal. Misery loves company and sometimes the only advice we'll take is from someone who has already stood in our shoes. Whether it is about giving up smoking, trying to lose weight, or having in-laws move in for a month, the Staying Sane series provides readers with just this kind of been-there, done-that commiseration. Each Staying Sane volume is filled with sometimes humorous (laughter is the best medicine, after all!), sometimes inspiring but always sanity-saving success stories of how other people have overcome obstacles or have risen above the situations in question. Practical tips and coping strategies lighten the readers' load throughout. Bibliotherapy of the first order, the Staying Sane guides will support beleaguered readers as they strive to persevere through the duration of their particular challenge.

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Sprache, englisch. erschienen bei, DA CAPO PR. **Staying Sane When Youre Dieting - Brodowsky Pam** Buy Staying Sane When Youre Dieting by Pam Brodowsky (ISBN: 9780738210353) from Amazons Book Store. Free UK delivery on eligible orders. **none** Stay saneand slimwith our guide to the nuts most worthy of a place in Hang out at a local bar and youre sure to come across a variety of nuts (the a few handfuls of nuts and youve racked up some serious caloriesand diet damage. **Table of contents for Staying sane when youre dieting** Staying Sane When Youre Dieting - Have you ever told yourself that bingeing after 10 p.m. doesnt really count? Youre not alone. Good intentions and logic fly **Staying Sane When Youre Dieting - Little, Brown Book Group** Perhaps youve reached your happy weight. 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