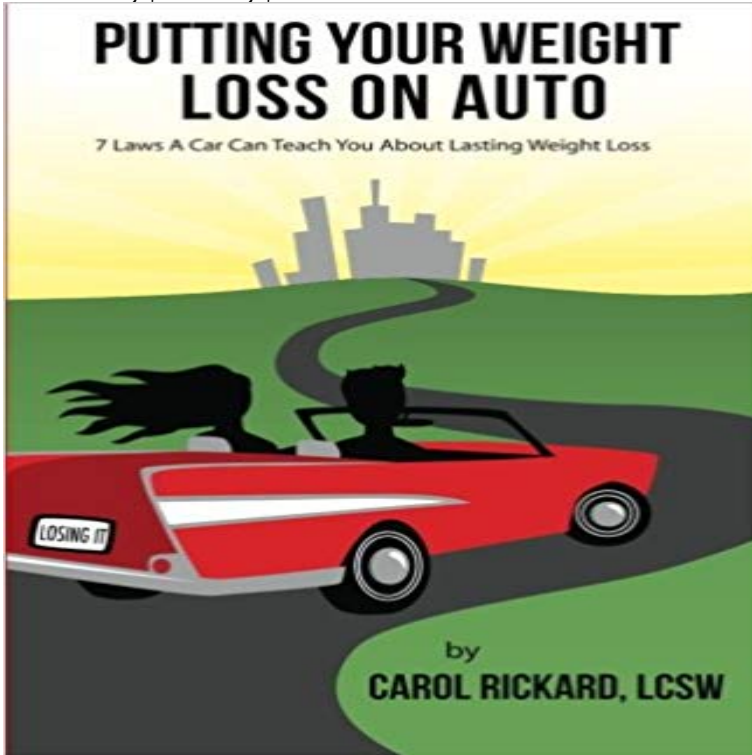


# Putting Your Weight Loss on Auto: 7 Laws A Car Can Teach You About Lasting Weight Loss



If you want to get off the diet merry-go-round, then you don't want to miss this! Carol L. Rickard, LCSW, a nationally recognized stress and wellness expert, offers a new approach to weight loss. It's not that she really gives us any new information; rather it's how she takes what most of us already know and gets us to look at it in a new way! This new way, Ms. Rickard calls Whole Brain Wellness and comes from having spent 20 years working with hospital-based programs where people's memory and concentration can be fairly impaired. This approach uses images, pictures, and analogies to tap into the right side of our brain that is responsible for helping us see the BIG PICTURE. She describes it as moving knowledge into action! This isn't a diet book! Rather it presents simple laws that when followed can lead a person to a life of successful weight management. They are the very laws she has taught to her patients and lived for the past twenty-five years! This book promises to change the way you look at food and exercise.

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