



The Cognitive Behavioral Workbook for Weight Management: A Step-by-Step Program (New Harbinger Self-Help Workbook)

Michele Laliberte, Randi E. McCabe, Valerie Taylor

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We all think we know what we have to do to manage our weight, and blame ourselves when we don't meet the goals we have set. In reality, we need to understand the biology behind the body's regulation of weight to achieve the control we are hoping for. And we need strategies for overcoming obstacles: the stress of daily life, emotional upsets, and people who sabotage our efforts or attack our self-esteem.

The Cognitive Behavioral Workbook for Weight Management is a different kind of weight management guide that focuses on helping you stay disciplined and dedicated to your weight management goals by using cognitive behavioral therapy. This approach has been used by therapists for years to treat a diverse range of mental health conditions, and researchers have found that it also helps people make healthy changes that last.

This workbook includes exercises and worksheets to help you design a customized weight management strategy most likely to be effective for you based on the habits and lifestyle you have now. You'll set specific goals to improve your body image and your health, and follow a realistic weight management plan designed specifically for you. It is possible to feel good about yourself as you work toward a healthier lifestyle. This book will show you how.

Learn to:

- Manage situational, emotional, and interpersonal eating triggers
- Overcome body image difficulties and critical thoughts
- Make changes toward weight management that you actually enjoy
- Use support from friends and family to bolster success

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