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De-Stress, Weigh Less: A Six-Step No-Diet Plan For Relaxing Your Way To Permanent Weight Loss

Paul J. Rosch, Carolyn Chambers Clark

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It's an endless cycle of frustrations and failure. You try diet after diet, but you just can't drop the weight, or keep it off. No wonder you're stressed! Well, now De-Stress, Weigh Less by Dr. Paul Rosch and Dr. Carolyn Chambers Clark, two of America's leading experts on the connection between stress and diet, can help you lose the weight and that dangerous stress at the same time with a simple easy-to-follow program that goes right to the source of the problem. This is not another diet but instead a program designed to reduce the stressful events in your life that trigger unhealthy eating habits. You'll learn how to:

Discover how stress is keeping you overweight.
Eliminate food that cause stress and weight gain.
Start filling your diet with stress-free food to help you lose weight.
Train how you respond to stress and stop bingeing.
Exercise more effectively.
Subdue other life stressors that keep you from losing weight.
Success! keeping the weight off for good.

With cutting-edge science, Drs. Rosch and Clark offer a healthier, smarter, and safer way to reduce stress and shed those extra pound. so get off the weight-loss, weight-gain roller coaster and de-stress for life!

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