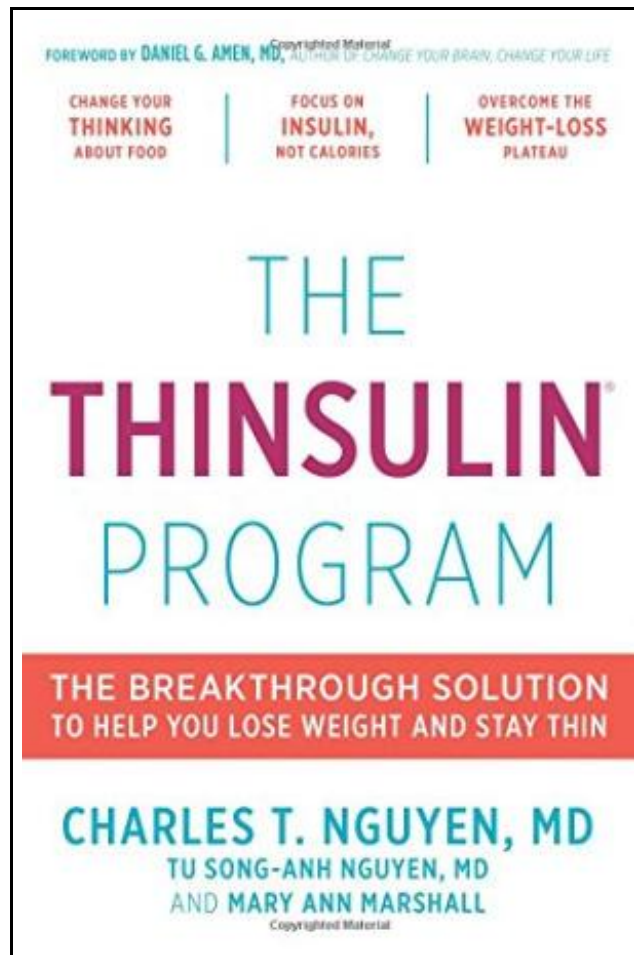


The Thinsulin Program: The Breakthrough Solution to Help You Lose Weight and Stay Thin (Hardback)



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
(Letha Okuneva)

THE THINSULIN PROGRAM: THE BREAKTHROUGH SOLUTION TO HELP YOU LOSE WEIGHT AND STAY THIN (HARDBACK)



The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Chances are if you've picked up this book, you've wrestled with your weight. Maybe you've tried a number of fad diets, with any number of methods--many of which lay the blame on eating too much food that's high in fat and sugar. But here's the truth: No single factor causes obesity. Being overweight involves genetics, physiology, and behavior--and the one thing that's missing from most diet plans is a clear plan for addressing psychological factors to change the way we think about food. In The Thinsulin(R) Program, psychiatrist Charles T. Nguyen and bariatric internist Tu Song-Anh Nguyen identify the real culprits behind obesity--and share their proven, science-based, two-stage plan for weight loss. First, the Active Phase shows you how to gain control of and lower your insulin levels through food choices, enabling dramatic weight loss. Next, the Passive Phase helps you to adopt a new way of thinking about food, focusing on insulin rather than calories, to develop the skills to keep excess weight off for good. The Thinsulin(R) Program offers a medical breakthrough by uniquely harnessing the synergy between the working of your body and the power of your mind to manage your weight. The program gives you the skills to change your thinking permanently so that you find longstanding success on your weight-loss journey. Not only will you achieve unparalleled success in weight loss, The Thinsulin(R) Program also offers powerful health benefits, such as reversing the onset of arthritis, diabetes, and heart disease. Think thin, think Thinsulin--and get ready for long-term health and wellness.

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