



Thin for Good: The One Low-Carb Diet That Will Finally Work for You

By Fred Pescatore

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A REVOLUTIONARY PERSONALIZED PROGRAM FOR LIFELONG THINNESS

Taking low-carb diets to the next level, Thin for Good combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. Leading you through the eleven emotional levels of eating, Dr. Pescatore shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. The result is a thirty-day plan--filled with affirmations, self-evaluations, and exercises--that will get you on the road to lifelong thinness. Customized for your sex and stage of life, filled with delicious recipes and meal plans, Thin for Good gives you the fuel you need for your lifestyle. Get thin for good--now and forever.

""Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Fred Pescatore not only provides excellent information on what to eat, he also sheds insight on the emotional aspects of eating that can sabotage even the best weight-loss efforts unless you understand them. The recipes are terrific, even if you're not dieting!""

--Carol Colman, New York Times bestselling coauthor of *The Antioxidant Miracle*, *Shed 10 Years in 10 Weeks*, and *Stop Depression Now*

""Dr. Fred Pescatore unravels the complex emotions intertwined with losing weight, eating right, and feeling and looking better--and has come up with a sensible weight-loss plan that successfully deals with both diet and the mixed feelings so many of us have about our appearances.""

--Jack Challem, The Nutrition Reporter and coauthor of *Syndrome X*

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Bibliography

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Editorial Review

Review

"Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Pescatore not only provides excellent information on what to eat -- he also sheds insight on the emotional aspects of eating which, if not understood, can sabotage even the best weight-loss efforts. The recipes are terrific, even if you're not dieting!"--(Carol Colman, *New York Times* bestselling coauthor of *The Antioxidant Miracle, Shed 10 Years in 10 Weeks and Stop Depression Now*)

"*Thin For Good* combines sound nutritional advice with a resourceful mind-body approach to losing weight. Dr. Pescatore has tailored this book to those who want to stay lean and healthy for life. A must read!"--(Burt Berkson, M.D., Ph.D., coauthor of *Syndrome X* and author of *The Alpha Lipoic Acid Breakthrough*)

From the Inside Flap

Taking low-carb diets to the next level, *Thin For Good* combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. The result is a thirty-day plan that will get you on the road to lifelong thinness. As Dr. Fred Pescatore, medical director of the Centers for Integrative and Complementary Medicine, explains, staying lean doesn't have to be an ongoing struggle. Dr. Pescatore goes far beyond the Atkins diet and other recent low-carb diets with the first easy-to-follow, medically proven low-carb diet plan that includes more complex carbs, healthier fats, and an inspirational program that gets your mind and body working together toward your goal. Drawing on his years of experience, Dr. Pescatore reveals the psychological secrets behind permanent weight loss—and shows you how to stop the cycle of yo-yo dieting once and for all. Unlike earlier low-carb diets, *Thin For Good* breaks new ground by making the mind-body connection work for you. Dr. Pescatore's practical game plan will help you eliminate your cravings and your emotional attachments to food. Leading you through the eleven emotional levels of eating, he shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. Packed with affirmations, self-evaluations, and exercises, *Thin For Good* gives you the tools you need to win. Customized for your sex and stage of life, Dr. Pescatore's research-tested nutritional programs give you the fuel you need for your lifestyle. (There's even the first-ever low-carb vegetarian plan as an option.) Featuring 130 enticing, delicious recipes designed to satisfy the choosiest palate, *Thin For Good* helps you overcome old mindsets, move beyond barriers, and live a longer, healthier, happier life. After thirty days of combining Dr. Pescatore's cutting-edge nutritional plans and delicious recipes with his sympathetic understanding of the ways the mind and body need to get working together, you'll be well on your way to lifelong thinness. And there's a lifelong maintenance program for the times you need some extra nutritional tips and inspiration.

From the Back Cover

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Users Review

From reader reviews:

Rodney Sierra:

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Vincent Cartagena:

As people who live in the particular modest era should be revise about what going on or info even knowledge to make these individuals keep up with the era and that is always change and advance. Some of you maybe may update themselves by looking at books. It is a good choice for you personally but the problems coming to you is you don't know what one you should start with. This *Thin for Good: The One Low-Carb Diet That Will Finally Work for You* is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

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Anthony Rouse:

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