



Win When You Lose: A Guide to Successful Dieting

Ms. Susan V McDaniel

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You already know that almost any diet will work if you actually follow it. It's the following part that is difficult. That's where this book can help you. After counseling thousands of people in weight loss, and struggling myself, I have written it all down. You won't find a specific eating program here. You will find real-life anecdotes, solutions, encouragement, and support to help you succeed on any diet you choose. You'll know how to keep from being hungry. You'll know how to eat to lose. You'll know what to do if you are a compulsive overeater (and who among us isn't?) or an emotional eater (we all are). It's ok. You can still lose weight. Discover how to make the scale your ally instead of your enemy; how to handle sabotage efforts by family, friends, and complete strangers; how to judge your success; what to do to keep your motivation high; how to handle holiday eating challenges; and how to maintain your weight loss. Join the Win When You Lose Facebook group for continued group support. Interact with Susan on Facebook and on the blog: www.winwhenyoulose.wordpress.com You can do it! Together, "Win When You Lose" and you, can make it happen.

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