

By the Psychological Director of
Weight Watchers International, Inc.

ACT THIN, STAY T'NIN

Dr. Richard B. Stuart

Foreword by
**Jean
Nidetch**
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Act Thin Stay Thin

Richard B. Stuart



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Richard B. Stuart, 1978 *Get Thin, Stay Thin* Arthur W. Halliday, MD, Judy Wardell Halliday, R.N., 2008-01-01 *Get Thin Stay Thin* addresses the real reason we struggle with eating problems we try to use food to satisfy our souls As the Hallidays explain we all crave intimacy security and acceptance When these needs are not met we often turn to substitutes such as food The Hallidays go beyond trendy short term weight control plans and urge readers to allow God to satisfy their deepest hungers Anyone who has struggled with weight loss will benefit from this honest and thorough look at getting beyond the guilt and the ups and downs of yo yo dieting **Colorfully Slim** Mindy Weisel, 2004-11 As featured in *Fitness and Woman s World* a nutritious balanced weight loss beauty and health program based on colorizing your diet *Bad Therapy* Jeffrey A. Kottler, Jon Carlson, 2003 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company *Weight, Sex, and Marriage* Richard B. Stuart, Barbara Jacobson, 1994-12-01 Reveals the intricate connection between weight problems and marital satisfaction in women and describes the often hidden rewards of being overweight Clearly delineating the issues surrounding weight gain this encouraging book helps readers set attainable weight goals and also offers concrete strategies for success *Not Another Diet Book* Bobbe L. Sommer, 1987 **Confessing Excess** Carole Spitzack, 1990-01-01 Looking at the discourse on female weight reduction in American culture *Confessing Excess* analyzes contemporary dieting and the weight loss literature by taking up the themes of confession and surveillance Spitzack argues that dieting is characterized by confession of excess which women internalize and which necessitates ongoing surveillance or monitoring of the body Informal conversations and in depth interviews also juxtapose women s everyday dieting experiences with the discourse of dieting texts By evaluating the cultural construction of women in this manner the author illuminates the power strategies that offer self acceptance at the price of self condemnation [Fat No More](#) Norman B. Ackerman, 2010-06-02 My self image improved I could buy clothes anywhere A patient s success story Dangerously overweight people suffer daily from the negative social psychological and physical consequences of excessive weight The most serious consequence is the great risk to health that obesity presents For people who weigh 100 or more pounds over their ideal weight diets exercise and other forms of weight loss just don t work *Fat No More* is the amazing story of the surgical solutions that many are seeking Dr Ackerman who has devoted two decades to helping those who fear there s no hope left offers surgical answers to morbid obesity from stomach stapling and intestinal bypass to liposuction and more This is the complete guide for those who choose these solutions and for those who provide them Using the latest research the author examines the physical and psychological aspects of obesity discusses his personal experiences in treatment and offers many success stories of patients who are living new lives liberated from overeating and excessive weight Norman B Ackerman M D Ph D is professor emeritus of surgery at New York Medical College **Slim Chance in a Fat World** Richard

B. Stuart, Barbara Davis, 1978 A Gaelic dictionary specially designed for beginners [by E. Dwelly]. Edward Dwelly, 1902
Newsweek, 1978 *Behavioral Medicine in General Medical Practice* Patrick A. Boudewyns, Francis J. Keefe, 1982
Social Work in Mental Health Bruce A. Thyer, John S. Wodarski, 2007 process and provide insight into the philosophy underlying each technique
Obesity Albert J. Stunkard, 1980 Abstract The current state of knowledge on obesity is reviewed in a text written for clinicians who care for the obese The first part of the text considers basic research on the etiological mechanisms of obesity Topics include feeding and weight regulations genetics and body weight fat cells and body weight acquired behaviors regulating food intake and energy output set points controlling body weight and pharmacological and psychological aspects of eating and obesity Part 2 explores these treatment methods dietary management drug therapy behavior modification physical activity self help groups psychoanalysis psychotherapy and surgery for massive obesity Three final chapters discuss obesity in childhood and pregnancy and the social consequences of obesity
Women Communicating Barbara Bate, Anita Taylor, 1988 This book provides original inquiries into the communication of women with other women a type of research striking in its absence from the hundreds of other recent studies of gender and communication It fills the void within communication research and provides a variety of qualitative studies focusing on the actual communication behavior of women
Handbook of Counseling Psychology Steven D. Brown, Robert W. Lent, 1984-09-27 A thorough up to date compilation reviewing major areas of counseling psychology The only compendium in the field it assembles chapters from leading specialists summarizes the current state of the art and offers a look at the future This extremely practical tool synthesizes available research needs identifies possible applications of the research literature and encourages cross disciplinary communication among those in the field
Coping with Chronic Illness Judith Fitzgerald Miller, 1992 Completely rewritten to include the most recent research and nursing strategies the 3rd edition expands nurses perceptions of persons with long term health problems in a way that emphasizes patient and family power resources The book includes nursing assessment diagnosis interventions conceptual models and related research
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