

Think yourself healthy

By TINA PATRICK

HAVING battled with my weight most of my adult life, I know my way around the diet section in book stores.

And to be honest I had experienced little personal gain when it came to weight loss.

So when I stumbled across *Weight Loss for Food Lovers*, I was mildly sceptical, particularly as this book didn't contain one recipe or eating plan.

But when I read the first page which mentioned it was fine to have Coco-Pops for breakfast, I needed little more encouragement to add the book to my extensive collection.

In all seriousness though, this is more than a diet book.

The author, Brisbane-based psychiatrist, Dr George Blair-West explores the reasons behind weight gain including habits we have developed since childhood, self-discipline and the myths associated with self-discipline and sabotaging our dieting plans to mention but a few.

What I like most about Blair-West's approach is that he doesn't patronise the reader by telling us what we already know about losing weight like eating less and exercising more.

The book is focussed on the psychology of why we don't follow the general principles of keeping our weight under control and introduces the concept of a "low sacrifice diet".

I think the book blows my cover on just about every excuse for falling off the healthy eating wagon.

It was only when I started to

Book review

think about these things that I actually started to notice what I was putting in my mouth and why.

Some of my favourites are what Blair-West calls the "last supper" and "what the hell" effects.

How many of us have broken a diet and then

thought what the hell, "I've eaten two chocolate biscuits, I may as well have the whole packet".

Or decided to go on a diet and thought the night before "I'm going on a diet tomorrow, I'll eat everything in sight till then".

If you are like me, these

things don't just happen once or twice but are a regular part of the diet roundabout many of us can't get off.

Weight Loss for Food Lovers makes the reader think about their past and how they are most likely to sabotage their weight loss plans.

The book also helps you develop your own strategies for when these cyclical things rear their ugly heads.

Best of all Blair-West asks you to think about what foods you can't do without and actually encourages you to continue to eat those things no matter how bad they are, with tips on how to enjoy eating them in moderation.

Because of our deep love of our favourite fattening foods, trying to give them up – as is usually the case with traditional diets – will ultimately cause us to abandon our weight loss plans.

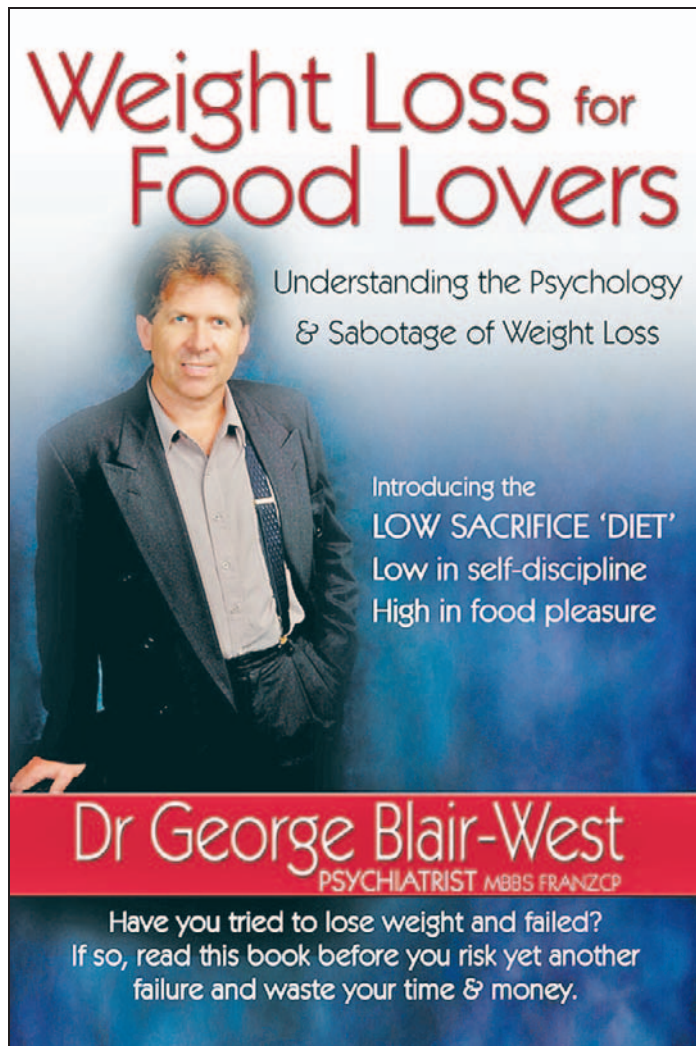
This book is all about understanding this process and stopping the inevitable self-sabotage.

Blair-West says the more self-discipline needed, the more likely the self-sabotage.

With traditional diets having a 80 per cent, five-year failure rate, this book is worth its weight in gold.

If you have started your new year with weight loss plans, then make sure you do it right.

Weight Loss for Food Lovers retails for about \$29.95 from the major book stores and author Dr George Blair-West is a regular on Channel Nine's *Today Show*. Visit www.weightlossforfood-lovers.com to find out more.



Weight Loss for Food Lovers

Understanding the Psychology & Sabotage of Weight Loss

Introducing the
LOW SACRIFICE 'DIET'
Low in self-discipline
High in food pleasure

Dr George Blair-West
PSYCHIATRIST MBBS FRANZCP

Have you tried to lose weight and failed?
If so, read this book before you risk yet another failure and waste your time & money.