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Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off and Love Your Body

Christie Jordan

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Change the way you think about dieting forever! Don't just lose weight then worry about keeping it off, when you can master control for life with these 10 Daily Habits.

This comprehensive guide is packed with practical advice for controlling your weight from someone who really knows. Christie Jordan lost 85 pounds by changing her lifestyle, and now, two decades later, the lost weight is still history. In **Weight Control That Works**, she explains how you can banish extra pounds permanently, and patiently walks you through the 10 habits which will support your good health.

WEIGHT CONTROL THAT WORKS WILL HELP YOU:

•Put an end to yo-yo dieting. Understand why diets are an unsustainable intervention in your regular life. When your normal life doesn't support weight control, the pounds will come back.

•Discover why sleep is so important, and how lack of sleep influences your willpower and the hormones regulating your appetite.

•Learn up-to-date nutrition advice and why knowing how your metabolism works matters for keeping the pounds off.

•Understand why eating sugar in the morning is a bad idea, and why protein is a better breakfast choice. Learn how eating sugar affects your brain's ability to resist sweet foods.

•Take control of your food cravings with effective techniques.

•Get recommendations about calories, carbohydrates, fiber, and fat. Learn what to stock in your kitchen, how to prepare healthy snacks, and meals for breakfast and lunch.

•See why avoiding refined white flour is a key factor in maintaining a healthy weight. Go behind the scenes to learn more about how packaged food is produced and marketed to you. You'll see why high-fiber whole grains are the best choice to keep the pounds off.

•Understand how portion control and exercise are vital to your success, and find new encouraging ways to make it happen.

•Learn why enjoying your body and getting pleasure from all your senses is very important for maintaining healthy weight.

THE DEFINITIVE WEIGHT CONTROL GUIDE FOR A HEALTHY LIFESTYLE INCLUDES:

•The 4 Week Program for Learning the 10 Daily Habits comfortably and successfully.

•Additional Bonus Habits to support your continued success.

•Resources for Learning More.

THIS IS WHAT READERS HAVE TO SAY:

"No one understands how to keep weight off better than someone who has struggled with dieting for years, then lost 85 pounds and sustained it by changing her lifestyle. As a health care provider, I really appreciate Christie's focus on an up-to-date scientific understanding of the topic and her patient, practical advice about how changes in nutrition and lifestye can make a big difference in overall health. This book is both optimistic and realistic!" -- Ann C. Tipton, M.D.

"You won't find a more comprehensive book about how to control your weight. From hormones to the Glycemic Index to fidgeting for extra exercise, Christie Jordan has done a wonderful job of organizing complex, research-based information for you to read and understand." -- Audra Willeke, PhD

"This book is your tool box for making lasting change in your life and in your weight control. As a Clinical Nutritionist, assisting clients through lifestyle changes has been the cornerstone and most successful approach to lasting results. You now have the tools in the palm of your hand to make those changes. It's written in an understandable, complete and friendly way. I think you will feel empowered by this book." -- Roxanne Curley, Clinical Nutritionist

"Finally, a book that clearly gives the information that I have tried to convey to many of my therapy clients for a long time. Christie has written an easy to read and interesting book. She has shown us a clear way to stay healthy and fit. Don't miss reading this fun and informative book." -- Laurel Rose, MFTT

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Harry Oliver:

The ability that you get from Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off and Love Your Body will be the more deep you digging the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to comprehend but Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off and Love Your Body giving you thrill feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read this because the author of this e-book is well-known enough. This particular book also makes your current vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this kind of Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off and Love Your Body instantly.

Miranda Durkee:

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off and Love Your Body, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

Robert Fox:

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