



# **Outwit Your Weight: Everything You Need to Make Any Diet Work-And Get Results That Last**

*Cathy Nonas, Julia VanTine*

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**Outwit Your Weight: Everything You Need to Make Any Diet Work-And Get Results That Last** Cathy Nonas, Julia VanTine

Get ready to discover a totally new way to think about weight control--a system that virtually guarantees success!

Years of working with overweight men and women have convinced weight-loss expert Cathy Nonas that there's only one surefire way to lose weight and keep it off. And it isn't dieting.

It's learning to use tools--small yet ingenious tips, tricks, and techniques that help keep your eating and exercise habits on track, no matter what diet you're on. Here, Cathy reveals more than 200 tools "road-tested" by her thousands of clients that will help you eat smarter, get and stay active, and break through self-destructive thinking patterns and behaviors that have sabotaged your weight-control efforts in the past.

You'll also find:

- The Eating Assessment Test (EAT), which helps you decipher your eating style and discover the patterns and pitfalls that stand in the way of having a slimmer, healthier body
- The Top 40 Diet Danger Zones--the traps and pitfalls that typically cause us to abandon our weight-control programs
- Worksheets and quizzes throughout the book that allow you to think about weight loss from your own perspective.

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