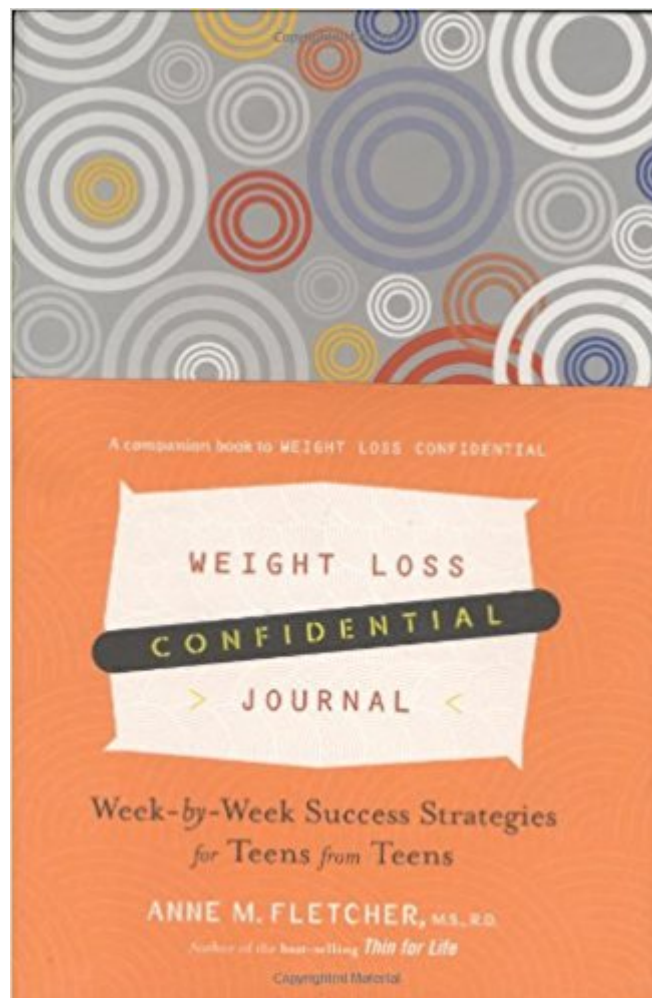




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# Weight Loss Confidential Journal: Week-by-Week Success Strategies For Teens From Teens



## Synopsis

Weight Loss Confidential Journal is two things in one. It's a roomy journal where you can write down what you eat, how much you exercise, and how you feel as you start to make changes in your life. It's also a personal trainer, filled with advice from other teens who lost weight; as much as 50 to 100 pounds. You'll get hundreds of tips, like how to start exercising when you don't want to and how to stop yourself from overeating. The journal gives you tons of ideas for good-for-you munchies and super-quick meals that teens like to make, from chili and pita pizza to instant 'cheesecake.' Plus a week's worth of easy, low-cal breakfasts, lunches, dinners, and snacks to get you started on the road to your best weight.

## Book Information

Hardcover: 272 pages

Publisher: Rux Martin/Houghton Mifflin Harcourt (January 2, 2008)

Language: English

ISBN-10: 0618433724

ISBN-13: 978-0618433728

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,650,804 in Books (See Top 100 in Books) #73 in Books > Teens > Personal Health > Diet & Nutrition #173 in Books > Christian Books & Bibles > Children's & Teens > Teens > Inspirational #1271 in Books > Teens > Religion & Spirituality

## Customer Reviews

Anne M. Fletcher, M.S., R.D., is the author of *Thin for Life*, the *Thin for Life Daybook*, *Eating Thin for Life*, and *Sober for Good*. As a registered dietitian, she has counseled hundreds of clients with weight problems in clinical settings. Fletcher was executive editor of the *Tufts University Health and Nutrition Letter* and a contributing editor for *Prevention*. She has won several National Health Information Awards as well as awards from the American Medical Writers Association and the American Psychological Association. She has raised three teenagers.

My nutritionist recommended that I get this journal after he'd used it with several teenage clients. I've been writing down my daily food for almost a year and had gotten very tired of it--but using this

journal has actually created a renewed sense of purpose for me. I absolutely adore the focus on the positive in this journal, which gives me a much better attitude overall. I also like that your hunger is rated on a three-step scale, so you really have to face eating when you're just not hungry. The summary for each week is great and there's a strong focus on setting your own goals and working to meet them. I highly recommend this journal for all, regardless of age! As an aside, the orange part featured in the photo of the book is actually a paper wrap that slips right off, leaving only the starburst design and a small title that reads, "WLC Journal." That makes this very discreet and comfortable to carry around without proclaiming that you're on a diet or writing down your food.

I haven't read a bunch in the book yet, but the overview is great. When I received it in the mail the book cover was ripped in two places and had scratches on it, and the actual front cover had multiple scratches and dirty marks on it. I'm sure it was just the effect of careless people doing their job or sorting mail into bins as to where they went, but it still didn't make an extremely good mark in my book. Overall I give a four out of five. Book is terrific, mailing conditions, not so much.

This book corresponds to the "Weight Loss Confidential

Good condition, came in as described. Came in on time. Very informative, lots of room to write. I would recommend it for anyone wanting to lose weight.

I bought this for my grand daughter that has a weight problem...she said it's a great guide for her efforts and uses it every day.

I purchased this for my 12 year old daughter. Like most adolescent girls, she is already caught up in the beauty and weight battle. I hate it! But I thought that I would provide her with this so she could keep track of her eating and also get some pointers on exercise, fitness, and nutrition. She looked at it, used it for maybe a week, and that was it.

I love it. It's a great way to keep track of your journey. It's not just for teenagers it's for adults too.

What I find so amazing about this companion guide to Weight Loss Confidential is that it is truly a complete and self-contained program that provides teens the essential tools to manage their weight - once and for all! Fletcher drives home the point that for teens to manage their weight successfully,

they must adopt a plan that is individualized and right for them - no more 'cookie-cutter' programs! But she also reinforces that regardless of the approach, the bones of any successful program still involves a life-long commitment to healthy food choices coupled with a do-able physical activity program that teens can live with. The real jewel in Weight Loss Confidential Journal is not only do teens benefit from the wisdom of an expert nutritionist who has "been there" with her own son's weight battles, but they also benefit from the in-the-trenches wisdom of their peers. Cap it all off with some awesome, simple and teen-focused recipes and meal plans, Weight Loss Confidential Journal provides a recipe for success that teens and their parents can really sink their teeth into! Bravo, Anne Fletcher...Bravo!

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