



Fighting Fat: Break the Dieting Cycle and Get Healthy for Life!

By Steven Lamm

Spry Publishing LLC. Paperback. Book Condition: new. BRAND NEW, Fighting Fat: Break the Dieting Cycle and Get Healthy for Life!, Steven Lamm, Dieting is dead. Let's focus on health instead. Short-term, restrictive diets just don't work as long-term weight loss solutions. As soon as your diet proves unsustainable within your everyday life, you regain the weight you've lost while dieting, negatively impacting your biological and psychological systems as well. Sound familiar? In Fighting Fat: Break the Dieting Cycle and Get Healthy for Life!, wellness expert and best-selling author Dr. Steven Lamm reveals why it's more important to gain health than to simply lose pounds. With Dr. Lamm's individualized approach to weight reduction that's based on your unique lifestyle, biology, and risk factors, you can start to improve your overall well-being while greatly reducing your risk of countless health complications. Groundbreaking advancements in the rapidly evolving science behind weight loss have generated many new options for people who struggle to manage their weight. From understanding the affects of prescription and over-the-counter medications to making decisions about bariatric surgery, Fighting Fat delivers Dr. Lamm's authoritative insights and analysis of the most current and comprehensive information available.

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