



Joining the Thin Club: Tips for Toning Your Mind after You've Trimmed Your Body

Judith Lederman

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Many books will help you lose weight. But *Joining the Thin Club* will help you keep the weight off for good.

After losing 80 pounds and going from a size 22 to a size 8, Judith Lederman has beaten the odds and stayed slim for several years. Combining her experience with the professional expertise of Larina Kase, Psy.D., *Joining the Thin Club* offers advice for every aspect of your new life, from handling compliments and reconciling the inner you with the new outer you, to negotiating social eating and keeping exercise interesting. All the common fears and challenges that you, as someone who is losing or has lost weight, will face are addressed. With *Joining the Thin Club*, you'll learn to:

- Deal with temptation and prevent a backslide
- Break out of the negative self-critiquing rut and appreciate all you've achieved
- Create new goals to keep you inspired
- Embrace the ongoing process of mind and body toning
- Eliminate the stressors that caused you to become heavy in the first place
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With this candid, straightforward book, you'll be able to set realistic goals regarding your weight, address your body-image concerns, and adhere to a plan for exercise and a healthy diet because-when you join The Thin Club, you'll want to be a member for life.

From the Trade Paperback edition.

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