



The Four-Day Win: End Your Diet War and Achieve Thinner Peace

By Martha Beck

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The woman *Psychology Today* calls "the best-known life coach in America" shatters the myth that willpower is an effective weight-loss tool and introduces a revolutionary approach to lifetime leanness based on a series of "4-day wins" that work with any weight-loss program.

This paperback edition includes an appendix where readers can complete the book's many exercises, making it even easier to follow the program!

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Editorial Review

About the Author

MARTHA BECK, PHD, is a life coach and monthly columnist for *O, The Oprah Magazine*. She is the author of the bestsellers *Finding Your Own North Star: Claiming the Life You Were Meant to Live* and the memoir *Expecting Adam*.

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The premise of this appealing lesson is that early wins (such as noticeable weight loss after four days of calorie reduction and exercise) can breathe fire into anyone's desire to lose weight. Sounding determined but not fanatical, the life coach and media celebrity references almost every aspect of personal change known to man and offers many useful suggestions. Illustrated with short case histories, the book has something for everyone--from the latest neuroscience discoveries to what works for everyday people at Jenny Craig. Beck's likable voice becomes even more endearing as she unfolds her ideas intelligently and with reasonable optimism. One of the CDs has helpful forms and information that can be printed. T.W. © AudioFile 2007, Portland, Maine-- Copyright © AudioFile, Portland, Maine

Users Review

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