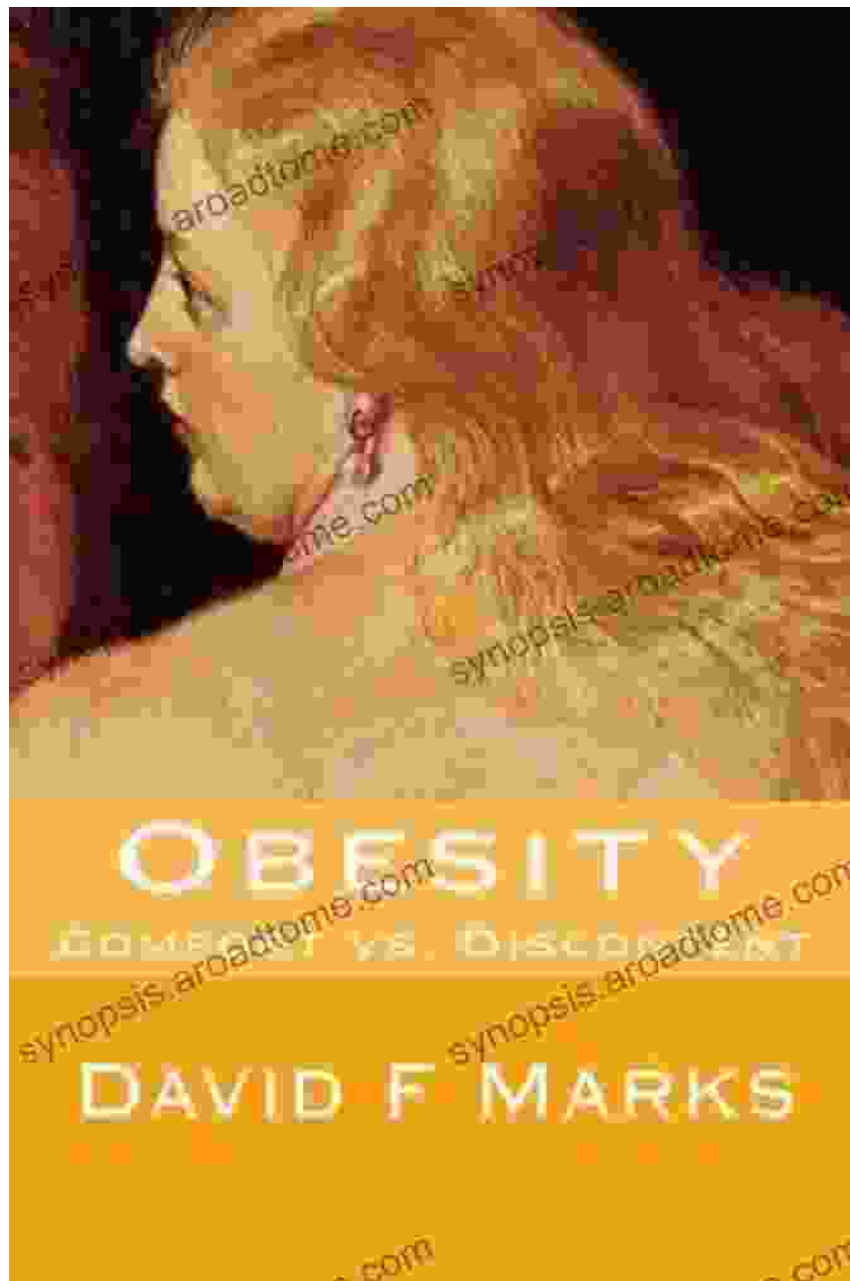
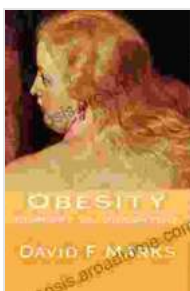


Obesity: Comfort vs Discontent - The Ultimate Guide to Understanding and Overcoming Weight Issues



Obesity: Comfort vs Discontent

By David Marks



Obesity: Comfort vs. Discontent by David F Marks

★★★★★ 5 out of 5

Language : English
File size : 1951 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 176 pages
Lending : Enabled



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In his groundbreaking book, 'Obesity: Comfort vs Discontent', renowned psychologist and author David Marks presents a revolutionary perspective on weight management that challenges conventional approaches and empowers individuals to break free from the cycle of dieting and reclaim their health and happiness.

Dr. Marks argues that obesity is not simply a matter of overeating or lack of willpower, but rather a complex and multifaceted issue that is deeply intertwined with our emotional well-being and societal attitudes towards weight.

Through extensive research and case studies, Dr. Marks demonstrates how emotional eating, body image issues, and societal stigma can contribute to weight gain and obesity.

He offers a holistic approach to weight management that focuses on understanding the underlying causes of obesity and addressing them through a combination of cognitive-behavioral therapy, mindfulness, and lifestyle changes.

This comprehensive guide provides readers with:

- An in-depth understanding of the complex relationship between obesity, emotional well-being, and societal attitudes
- Practical strategies for breaking free from emotional eating and negative body image
- Mindfulness techniques for managing stress and cravings
- A personalized plan for creating sustainable lifestyle changes
- Inspiring stories of individuals who have successfully overcome obesity

'Obesity: Comfort vs Discontent' is an essential resource for anyone struggling with weight issues or seeking a deeper understanding of the complexities of obesity.

With its compassionate and empowering approach, this book provides the tools and guidance necessary to break free from the cycle of dieting and achieve lasting health and well-being.

Reviews:

"Dr. Marks has written a groundbreaking book that challenges conventional approaches to weight management. His holistic approach is compassionate, empowering, and effective." - **Dr. Susan Albers, psychologist and author of 'Eating Mindfully'**

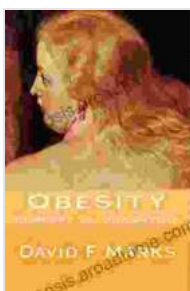
"'Obesity: Comfort vs Discontent' is a must-read for anyone who has struggled with weight issues. Dr. Marks' insights are invaluable and his approach is truly transformative." - **Dr. Michelle May, psychologist and author of 'Eat What You Love, Love What You Eat'**

Free Download your copy today and embark on a journey towards lasting health and well-being!

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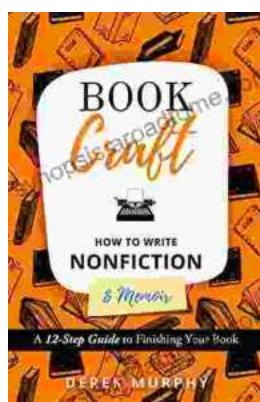
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