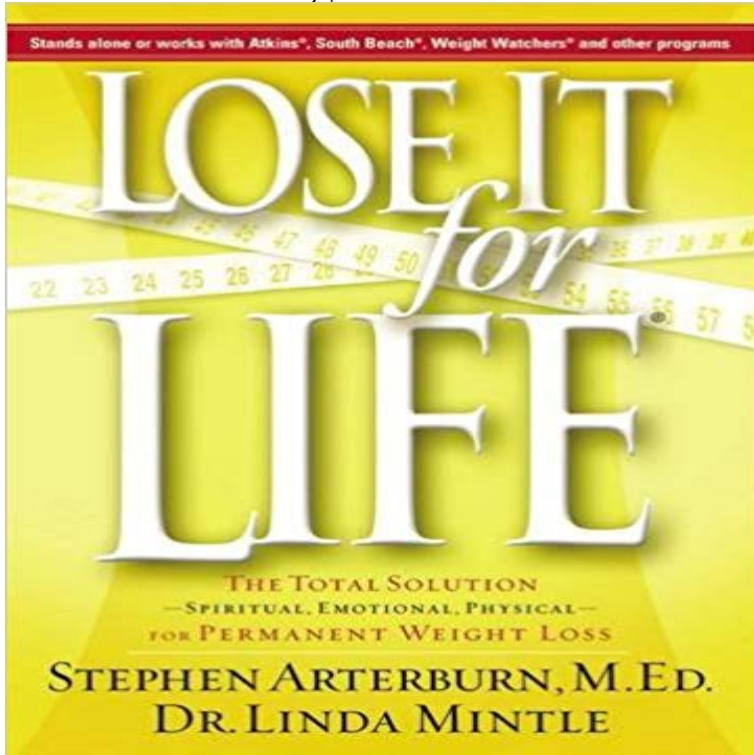


# Lose It for Life: The Total Solution--Spiritual, Emotional, Physical--for Permanent Weight Loss



Lose It for Life is a uniquely balanced program that not only deals with the physical issues of overeating but also focuses on the emotional, mental, and often-missed spiritual factors related to weight loss. Even if you have already experienced some success on another weight-loss program (Atkins, South Beach, Weight Watchers, whatever), this book will give you the information and motivation you need to achieve a permanent state of weightlessness, which is the secret to lasting results. Lose It for Life was developed by best-selling author and radio personality Stephen Arterburn, who lost 60 pounds 20 years ago and has kept it off. In this revolutionary book, he and Dr. Linda Mintle, who is known for her clinical work regarding weight issues, will help you accomplish what you desire most: permanent results.

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