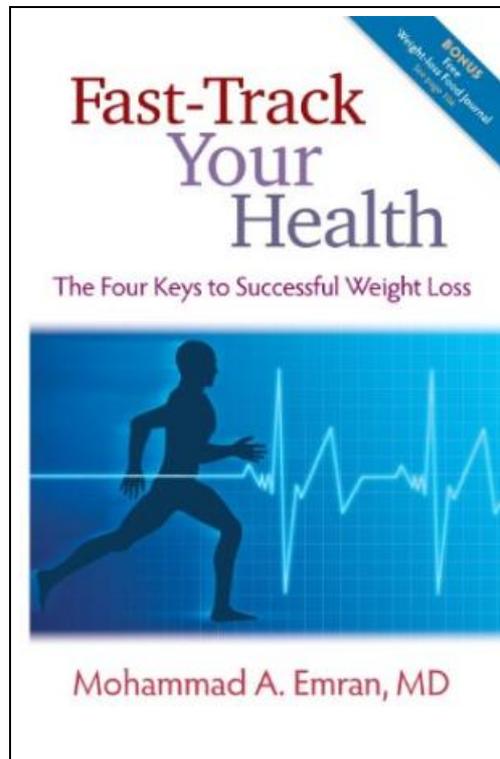


## Fast-Track Your Health: The Four Keys to Successful Weight Loss (Paperback)



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## FAST-TRACK YOUR HEALTH: THE FOUR KEYS TO SUCCESSFUL WEIGHT LOSS (PAPERBACK)



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The purpose of this book is to systematize the process of weight loss. Often, people don't know where to begin with weight loss, and they start with incorrect information. Rather than focus on a specific diet or type of exercise, as most books do, Dr Emran de-emphasizes those conventional approaches; instead he looks at the process of weight loss and shares with readers the common factors among people who've already succeeded in losing weight. By examining previous successes we can identify the key factors that are most likely to yield future success. The science is broken down into basic concepts, and the doctor's many analogies will lead readers to understand the importance of the key elements for success. To illustrate some of the difficulties and some of the techniques he describes, Dr. Emran also includes his personal experiences with patients and with his own family. While eating less, eating healthier, and exercising do play an important role in weight loss, Fast-Track Your Health focuses on the things that can actually lead us to achieve our desired weight. Too many of us lose weight only to regain it. Even surgery is only temporarily successful, because it doesn't address the root cause of excess weight and doesn't employ the essentials of long-term weight loss. Fast-Track Your Health shows us how to coordinate our efforts, create realistic goals, and make the most effective and sensible choices from the very beginning.



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