



Thin for Good: The One Low-Carb Diet That Will Finally Work for You

Fred Pescatore

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A REVOLUTIONARY PERSONALIZED PROGRAM FOR LIFELONG THINNESS

Taking low-carb diets to the next level, *Thin for Good* combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. Leading you through the eleven emotional levels of eating, Dr. Pescatore shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. The result is a thirty-day plan--filled with affirmations, self-evaluations, and exercises--that will get you on the road to lifelong thinness. Customized for your sex and stage of life, filled with delicious recipes and meal plans, *Thin for Good* gives you the fuel you need for your lifestyle. Get thin for good--now and forever.

"Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Fred Pescatore not only provides excellent information on what to eat, he also sheds insight on the emotional aspects of eating that can sabotage even the best weight-loss efforts unless you understand them. The recipes are terrific, even if you're not dieting!"

--Carol Colman, New York Times bestselling coauthor of *The Antioxidant Miracle*, *Shed 10 Years in 10 Weeks*, and *Stop Depression Now*

"Dr. Fred Pescatore unravels the complex emotions intertwined with losing weight, eating right, and feeling and looking better--and has come up with a sensible weight-loss plan that successfully deals with both diet and the mixed feelings so many of us have about our appearances."

--Jack Challem, *The Nutrition Reporter* and coauthor of *Syndrome X*

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