



Recommended Reading for Those Struggling with Weight Control:

The Ultimate Weight Solution by Dr. Phil McGraw

“I highly recommend this book. All too often, fitness and weight loss books do NOT address the underlying psychological currents that lurk behind an individual’s awareness.

Given the fact that I wrote a book about weight control, I know the importance of addressing this component, if long term success is the goal.

Granted there are many factors regarding weight loss/control—genetics, hormonal imbalances, medications, lack of exercise, poor eating habits, but we can’t ignore the powerful psychological influences (many of which are not conscious to us) that keep us doing the things we know are not good for us. Dr. Phil gets right to the core and offers practical advice for long term weight control.”

—*Michael Sylvester*
8-12-09

Key passages in the book:

- ✓ **“At some conscious, rational level, you know that it is counterproductive and extremely unhealthy to overeat, to binge, or to medicate yourself with food. But at some other level, these behaviors are rewarding you enough for you to keep doing them. Put another way, you are getting “**payoffs**” from your behavior.”**
- ✓ **“...You will never be able to change what you do not acknowledge.”**
- ✓ **“Willpower is an outright myth, and your willingness to be deluded by this myth has sabotaged your weight-control efforts for far too long. WILLPOWER IS UNRELIABLE EMOTIONAL FUEL THAT DRIVES YOU WHEN YOU ARE EXCITED, MOTIVATED, OR ENERGIZED.**
- ✓ **“You program your life internally, from the inside out, so that you stop turning to food to mask feelings and medicate emotional distress.”**