



The Thin Woman's Brain: Re-wiring the Brain for Permanent Weight Loss

Dilia Suriel

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Why are certain women able to stay thin and never, ever diet? What is different between these naturally thin women and those that can only struggle to thinness through obsessive diet-like behaviors? The book explains the significant body of science which finally reveals the differences between the brains of thin and overweight women. It details the alterations in the brain that occur from years of overeating and dieting – and how to reverse them. In a personal and accessible style the author guides the reader through an easy to follow step-by-step program based on cognitive behavioral therapy. The book's program does not include any food restrictions, or recipes. It does not prescribe any specific exercise program as its sole objective is to restore the brain to its healthy relationship with food.

You will learn how modern foods and ancient survival mechanisms have interacted to create an obesity epidemic. "Famine" brain, high-stress lifestyles, reduced pleasure from food and other factors are examined. Once you understand how your brain has inadvertently gone awry, you will appreciate this sensible approach to "rewiring" you brain back to its natural state – the thin woman's brain.

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Judith Bowman:

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