



The Life You Want: Get Motivated, Lose Weight, and Be Happy

Bob Greene, Ann Kearney-Cooke Ph.D, Janis Jibrin

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TAKE CONTROL OF YOUR WEIGHT AND CLAIM THE LIFE YOU DESERVE!

Bob Greene has helped millions lose weight and get in shape with his life-changing Best Life plan. Now Oprah's most trusted expert on diet and fitness teams up with psychologist Ann Kearney-Cooke and nutritionist Janis Jibrin to zero in on common barriers to weight loss success. Together, they will offer practical tips and explore the latest science on emotional eating and lack of motivation.

REWIRE YOUR BRAIN TO OVERCOME OVEREATING

CONQUER EXERCISE AVERSION

TAME YOUR SUGAR, FAT, AND SALT CRAVINGS

TRANSFORM YOUR BODY IMAGE

INCREASE YOUR HAPPINESS

While the basic principles of weight loss are simple enough, maintaining a healthy lifestyle can be a struggle. *The Life You Want* delivers the information and inspiration you need to overcome each obstacle—once and for all.

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