

HOW TO LOSE WEIGHT FOR THE LAST TIME

KATRINA UBELL, MD

READ BY THE AUTHOR

"An empowering, essential resource for those seeking science-backed, sound guidance on how to lose weight and create behavioral changes that last."

—Jason Fung, MD, author of *The Obesity Code*

Imagine being in total control of your eating habits and weight. What would life be like for you if you no longer felt deprived because you're restricting your food, or guilty because you're not? What if you could find peace and freedom around food?

Dr. Katrina Ubell wasn't sure that was possible. She struggled to lose the same forty pounds for many years. Frustrated by the lack of results from other diets and weight loss plans, and embarrassed that she was a doctor who couldn't seem to stop overeating, she went on a journey to understand why she felt so much desire for food. What she learned changed everything: She was finally able to lose the weight and keep it off for good.

"Everyone should know this," she thought. So in *How to Lose Weight for the Last Time*, she shares her scientifically proven strategies for losing weight permanently and developing a harmonious relationship with food—strategies that were previously available only to her clients in her wildly popular coaching program, *Weight Loss for Doctors Only*.

The key isn't restricting caloric intake, eating a particular sort of food, or exercising until you drop. Instead, you'll learn how to take excellent care of yourself. With Dr. Ubell's guidance, you will:

- Uncover the unhelpful thoughts and behaviors you've established around food
- Examine how you've been tricked into ignoring your body's signals
- Understand why you have overdesire for unsupportive foods
- Learn how to measure real hunger versus "overhunger"
- Create a unique eating plan that works for your tastes, schedule, and family obligations
- Develop and maintain new behaviors to improve your relationship with food, accurately measure your results, and let go of food as an emotional crutch

Your time has come to be in control. *How to Lose Weight for the Last Time* will help you move past what's been standing in your way, and teach you how to live in the body you want.

Katrina Ubell, MD is a master certified life and weight loss coach who struggled with her own weight for decades before finding a permanent solution. In 2016, she founded *Weight Loss for Busy Physicians*, which offers a weight loss program that has helped over a thousand physicians. She's a graduate of Johns Hopkins University and the University of Michigan, and lives in Wisconsin with her three children, husband, and West Highland terrier.



Playing time: 8.5 hrs • Unabridged

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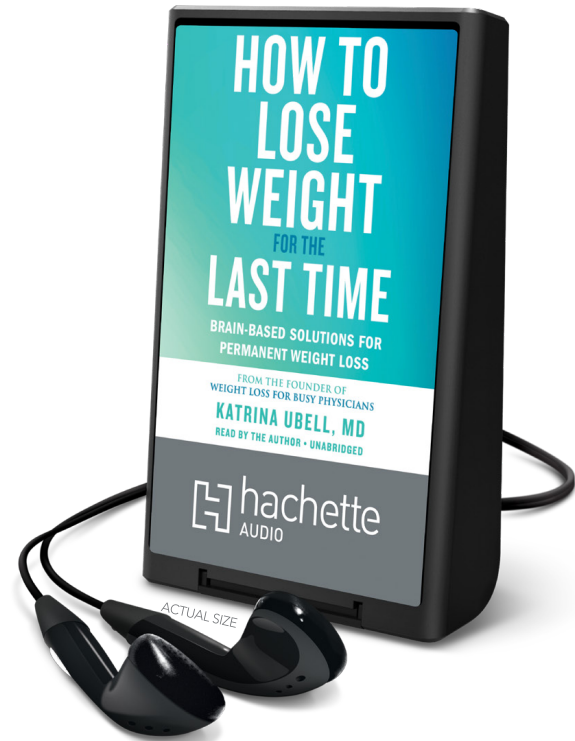


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