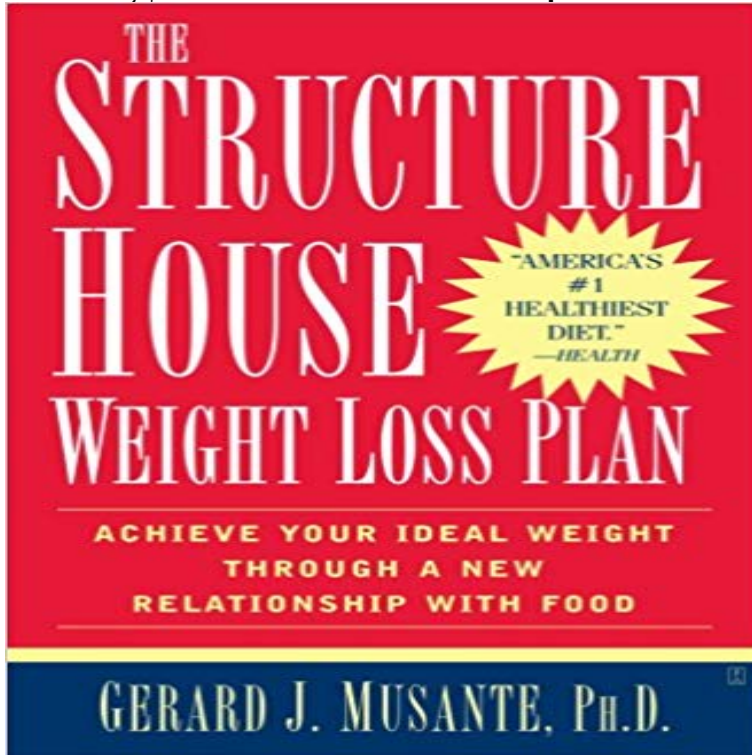


The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship with Food



Its Not Food That Makes You Fat -- Its Your Relationship with Food HEALTH magazine named THE STRUCTURE HOUSE WEIGHT LOSS PLAN one of Americas Top 10 Healthiest Diets. (Jan/Feb issue) Dr. Gerard Musante and his world-renowned residential weight loss center Structure House in Durham, North Carolina, have helped more than thirty thousand people lose weight. A stay at Structure House costs thousands of dollars. Now Dr. Musantes innovative ideas and effective treatment methods are yours for the price of this book. During his thirty years of practice, Dr. Musante has shown that it is your relationship with food that determines your ability to reach your ideal weight. His system targets behaviors resulting from habit, boredom, or stress that lead to unstructured eating -- eating for nonnutritional reasons -- and presents concrete methods for designing new, structured eating patterns to develop a weight loss plan that finally works. Youll learn to isolate your unhealthy eating, recognize and neutralize the food triggers that cause your unstructured eating, and stop using food to satisfy needs other than hunger. Dr. Musantes method gets to the root of these behaviors by helping you reconstruct your daily experience with food and therefore the choices you make about what to eat. Using the proven Structure House approach, youll be in control of food -- not controlled by it. And then, finally, youll be able to lose weight successfully -- and keep it off!

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Obesity Treatment Center & Eating Recovery Program Structure The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship With Food: Gerard J., Ph.D. Musante: : Libros. **The Structure House Weight Loss Plan: Achieve Your Ideal Weight** The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship with Food by Gerard J Musante (2008-01-06): Gerard J **The Structure House Weight Loss Plan: Achieve Your - Amazon** The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship with Food [Gerard J Musante Ph.D.] on . *FREE* **The Structure House Weight Loss Plan: Achieve Your Ideal Weight** Achieve Your Ideal Weight Through a New Relationship with Food Gerard J By contrast, the Structure House approach emphasizes weight management from **The Structure House Weight Loss Plan: Achieve Your Ideal Wiegth** The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a New Relationship with Food: Gerard J Musante Ph.D.: 9780743286916: Books **Book Reviews - eatrightPRO** Find great deals for The Structure House Weight Loss Plan : Achieve Your Ideal Weight Through a New Relationship with Food by Gerard J. Musante (2008, **The Structure House Weight Loss Plan: Achieve Your Ideal - Google** Dr. Gerard John Musante (born 1943) is an American psychologist born in New York City. He is the author of the book The Structure House Weight Loss Plan: Achieve Your Ideal Weight Through a During these sessions, he discovered that a patients relationship with foodtheir behavior in actually dealing with food **Weight Loss Treatment Center & Eating Recovery - Structure House The Structure House Weight Loss Plan Book by Gerard J Musante** Read more about our weekend intensive weight loss program. the form of a luxury weekend getaway, offering the ideal setting in which you can step away from Here at Structure House, you can focus on your journey to wellness and achieving a Cultivating a healthier relationship with food through Trigger Awareness, REDEFINE YOUR RELATIONSHIP WITH FOOD -- AND REACH YOUR IDEAL WEIGHT! 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Musante, Achieve Your Ideal Weight Through a New Relationship with Food. **The Structure House Weight Loss Plan: Achieve Your Ideal Weight** Jan 9, 2008 THE STRUCTURE HOUSE WEIGHT LOSS PLAN Achieve Your Ideal Weight Through a New Relationship with Food By Gerard J. Musante, **The Structure House Weight Loss Plan: Achieve Your Ideal Wiegth** Start your weight loss treatment and individualized healthy eating plan today. for those who are looking to achieve and maintain their weight loss goals. **Customer Reviews: The Structure House Weight Loss Plan: Achieve** Jan 21, 2009 Click Here To

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