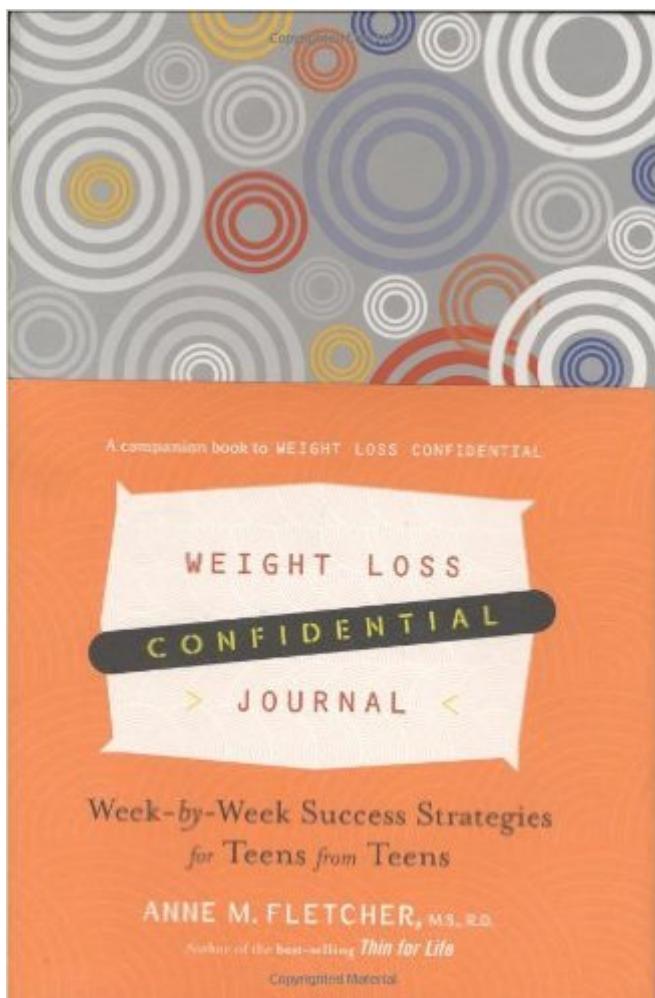


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# Weight Loss Confidential Journal: Week-by-Week Success Strategies For Teens From Teens



## Synopsis

Weight Loss Confidential Journal is two things in one. It's a roomy journal where you can write down what you eat, how much you exercise, and how you feel as you start to make changes in your life. It's also a personal trainer, filled with advice from other teens who lost weight; as much as 50 to 100 pounds. You'll get hundreds of tips, like how to start exercising when you don't want to and how to stop yourself from overeating. The journal gives you tons of ideas for good-for-you munchies and super-quick meals that teens like to make, from chili and pita pizza to instant cheesecake. • Plus a week's worth of easy, low-cal breakfasts, lunches, dinners, and snacks to get you started on the road to your best weight.

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (13 customer reviews)

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## Customer Reviews

My nutritionist recommended that I get this journal after he'd used it with several teenage clients. I've been writing down my daily food for almost a year and had gotten very tired of it--but using this journal has actually created a renewed sense of purpose for me. I absolutely adore the focus on the positive in this journal, which gives me a much better attitude overall. I also like that your hunger is rated on a three-step scale, so you really have to face eating when you're just not hungry. The summary for each week is great and there's a strong focus on setting your own goals and working to meet them. I highly recommend this journal for all, regardless of age! As an aside, the orange part featured in the photo of the book is actually a paper wrap that slips right off, leaving only the starburst design and a small title that reads, "WLC Journal." That makes this very discreet and comfortable to carry around without proclaiming that you're on a diet or writing down your food.

What I find so amazing about this companion guide to Weight Loss Confidential is that it is truly a complete and self-contained program that provides teens the essential tools to manage their weight - once and for all! Fletcher drives home the point that for teens to manage their weight successfully, they must adopt a plan that is individualized and right for them - no more 'cookie-cutter' programs! But she also reinforces that regardless of the approach, the bones of any successful program still involves a life-long commitment to healthy food choices coupled with a do-able physical activity program that teens can live with. The real jewel in Weight Loss Confidential Journal is not only do teens benefit from the wisdom of an expert nutritionist who has "been there" with her own son's weight battles, but they also benefit from the in-the-trenches wisdom of their peers. Cap it all off with some awesome, simple and teen-focused recipes and meal plans, Weight Loss Confidential Journal provides a recipe for success that teens and their parents can really sink their teeth into! Bravo, Anne Fletcher...Bravo!

I purchased this for my 12 year old daughter. Like most adolescent girls, she is already caught up in the beauty and weight battle. I hate it! But I thought that I would provide her with this so she could keep track of her eating and also get some pointers on exercise, fitness, and nutrition. She looked at it, used it for maybe a week, and that was it.

Weight Loss Confidential Journal is unique in that it features advice for truly overweight teenagers, not those seeking to lose five or ten pounds. Neither patronizing nor preachy, the advice provided is provided from teens who have maintained significant weight losses. The book features 23 weeks' worth of advice. Each week, the focus is on a different aspect of controlling one's weight. The themes "Recover from your slip-ups", "Make peace with your body", and "Get rid of diet thinking" emphasize the mind-body connection of the total person. Weight Loss Confidential Journal also provides space for a daily 23-week diary. Besides recording food and beverage intake and time spent exercising, participants are asked to record their feelings, moods, and random thoughts, and are encouraged to jot down the day's successes. At the end of the week, users can list things that were helpful, evaluate whether their goals were met, and set new goals. Readers are also asked to list how their lives are better, and why they want to achieve a healthier weight. Reviewing the week helps readers to see their progress. Interestingly, the space designated to record weight is a small one; this shifts the focus from being solely on weight to encompassing larger goals and seeing the big picture. Planning and realistic goal-setting are stressed. Users can plan their responses to

obstacles, such as a class trip, that might interfere with progress. Written by a registered dietitian, this book takes a moderate and balanced approach to nutrition. It focuses on eating healthful, appropriate amounts for all food groups, and includes portion sizes for foods and beverages, guidelines for food plans, and healthy recipes for teen favorites such as pizza and sandwiches. Overall, this is an excellent book. It presents an individual, realistic approach to weight management in a user-friendly format.

I havent read a bunch in the book yet, but the overview is great. When i received it in the mail the book cover was ripped in two places and had scratches on it, and the actual front cover had multiple scratches and dirty marks on it. Im sure it was just the effect of careless people doing their job or sorting mail into bins as to where they went, but it still didnt make an extremely good mark in my book. Overall i give a four out of five. Book is terrific, mailing conditions, not so much.

This book corresponds to the "Weight Loss Confidential"; which is a book by teens and for teens on strategies for weight management. My teenage daughter is finding both the book and journal(separate purchases)to be very helpful. Using the journal to chart her own progress has been encouraging.

Like all of best-selling author Anne Fletcher's fantastic books on weight loss, this one is no exception. Anne has come up with a companion book to accompany: Weight Loss Confidential: How Teens Lose Weight and Keep It Off - And What They Wish Parents Knew. As a nutritionist and researcher in the area of weight control, I can tell you that journaling is a tried-and-true behavior modification technique that has been scientifically proven to aid individuals in their weight loss efforts. This journal is not just a blank book but is a teen-friendly diary, peppered with real-life success tips--shared by actual teens who have successfully lost weight. What's more, it contains numerous fast and delicious teen-inspired snack, meal ideas and healthy recipes. Highly recommended! Janet Brill, Ph.D., R.D., LDN Author of: Cholesterol DOWN (Three Rivers Press, 2006)

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