



The Weigh Down Diet - Inspirational Way To Lose Weight, Stay Slim And Find A New You

Gwen Shamblin

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Gwen Shamblin's THE WEIGH DOWN DIET is a approach to weight loss. People who have known no end to their hunger and who have no control over their late-night binges have learned through the Weigh Down Workshop that they can remove the irresistible desire for food. This is not a diet like others, because it is not food-focused. It contains chapters such as "It's Not Genetic s or Your Mother's Fault," "I Feel Hungry All the Time," and "How to Eat Potato Chips and Chocolate." So, as you can see, here is a very different approach to weight loss. Weigh Down gives back hope to dieters who will learn that God did not put chocolate or lasagna on Earth to torture us-but rather for our enjoyment!

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