

WHEN WAS THE LAST TIME YOU WENT ON A DIET -- AND ENDED UP GAINING WEIGHT?

SPENT MONEY ON A PIECE OF EXERCISE EQUIPMENT THAT QUICKLY BECAME A CLOTHING RACK?





JOINED A GYM NEVER TO RETURN AFTER ORIENTATION?

Well, we would like to suggest that you STOP the madness. Before you are tempted by one more celery and popcorn plan, think about this: Your best ally in your struggle to eat healthily -- to smile when you look in the mirror -- is you.

The Thin Book is meant to help you bolster your own natural desire for well-being. The book and accompanying audiotope offer a series of scripts that are designed to help you break old destructive habits, replacing the nagging voice of self-defeat with a steady triumphant one. Recognizing that overeating is usually fueled by negative "cues" in one's daily life, author Hal Brickman has embedded his scripts with new positive cues that will echo in the reader's mind and encourage healthy choices throughout the day.

The scripts may be read silently or aloud, and they can be supplemented by the audiotope in which the author reads. These "meditations" are a chance for you to say goodbye to the body-image thugs out there and to take control of your own journey toward a more balanced, happier lifestyle.

The Thin Book with accompanying audiotope \$26.95, plus shipping and tax (see below).

Please return this form to: Cornell University Press Services 750 Cascadilla Street, P.O. Box 6525 Ithaca, NY 14851-6525	Title <i>The Thin Book</i>	Price \$26.95	Quantity	Total
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