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Overcoming Obesity: Personal Insight from a Christian Physician (Paperback)

By Jean-Ronel Corbier, Jean Corbier, Dr Jean Corbier MD

iUniverse, United States, 2005. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you been struggling with obesity? Have you reached a point where you MUST lose weight now? Dr. Jean-Ronel Corbier discusses weight loss and explains how he was able to lose 100 pounds going from fat to fit in only 7 months. This captivating and easy to read book discusses obesity and weight loss not only from a professional perspective but also from an insider's viewpoint. Dr. Corbier shares information regarding his personal struggles and victory in the battle over obesity. In addition: See how obesity affects both children and adults. Discover how genes, hormones and stress affect your weight. Find out why losing weight is not optional. Learn how the mind and various behavioral techniques can be used to conquer obesity. Get information on the pros and cons of drugs and surgery for obesity. Be taught how you can lose weight naturally, safely and permanently. Drs. Jean-Ronel and Michelle Corbier are Christian physicians, pediatric neurologist and pediatrician respectively who have developed a model called the RESTORATION model. It was initially developed to address complex problems seen...



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