



Fat Cells, Beauty and You!: An Exploration of the Physical, Emotional and Spiritual Dimensions of Weight Management for a Life-Time

Mary Ann Barnes

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In *Fat Cells, Beauty and You!*, physician Mary Ann Barnes has composed a concise and frank report of current research in obesity and nutrition. Adding wit and wisdom from over twenty years experience in her work as a family doctor and teacher of family medicine, Dr. Barnes will help you learn more about yourself and what you need to do to maintain a healthy weight for your life-time. You will learn: Why you need to eat several times a day to lose weight How fat cells control your metabolic rate How psychological and spiritual factors play a role in weight management Why exercise is important for long-term success How to 'rethink hunger' to know how much to eat Sound nutritional advice for a healthy body *Fat Cells, Beauty and You!* is a valuable resource if you are trying to lose weight, for parents of overweight children, and if you just want to learn more about healthy eating habits.

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