



The Thin You Within You: Winning the Weight Game with Self-Esteem

Abraham J., M.D. Twerski

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Diets don't work. The pounds may slide off, but for too many dieters, once the food scales and calorie counters have been put away, the weight returns. Dr. Abraham Twerski, a specialist in addictive behavior, shows that it is not lack of willpower that leads to overeating but an absence of self-esteem. To develop healthy eating habits, a person must first develop a strong sense of self.

With his characteristic upbeat style, Dr. Twerski explains:

- The seemingly illogical compulsion of overeating and its connection to low self-esteem
- The origins and evolutions of low self-esteem and how to identify common problems of a negative self-image
- How to rely on yourself, instead of food, in times of stress, anger, and fear
- How to deal with friends and family members who may contribute to an unhealthy self-image and eating habits
- How to find the courage to change the life-long habits and where to get outside help in the form of therapy and support groups

With Dr. Twerski's straightforward and honest approach, losing weight is redefined as gaining a sense of self and banishing diets forever.

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