



Weight Loss - Coping with Obsessive Weight Watching (Paperback)

By Dueep Jyot Singh, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Weight Loss Coping with Obsessive Weight Watching Introduction Are You a Closet Weighing Scales Addict? Weight Reducing Clinics Eat this. Do not eat that. Driven to Look Good Optimum Weight Concept Are Weight Charts Right? Psychological Effect of Weight Chart Watching Body Mass Index - BMI Health risk of Slim People Other Factors Affecting Good Health Healthy and happy! Dos and Don ts While Weight Watching Eating Habit Disorders Conclusion Author Bio Publisher Introduction Did you know that more and more of us are getting obsessed with our weights, in the twenty first century? That is because the demands of society and the dictates of fashion have deemed it necessary for us to be as thin as telegraph poles in order to be considered attractive. This sort of obsession has appeared only in the twentieth century, after the First World War, when there was a dearth of food to eat, and half of the world was starving. It was then that the androgynous look was born, especially in matters of fashion, and people who were...



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