



Slim Chance in a Fat World: Behavioural Control of Obesity

Richard B. Stuart, Barbara Davis

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This book is the best guide to weight reduction to appear so far. It makes available to the general public, for the first time, the results of a remarkable recent surge of interest in the treatment of obesity. It describes the techniques of behavior modification which, for the past four years, have been applied with considerable success to this widespread and stubborn disorder.



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