



Just 10 Lbs.: Easy Steps to Weighing What You Want (Finally)

Brad Lamm

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In Just 10 LBS, intervention specialist Brad Lamm brings a fresh eye to weight loss, focusing not on the what of eating, but on the how and why. As a companion piece to The Dr. Oz Show's major, year-long initiative to change the health of America, this book discards the notion of overhauling life with the vague dream of being thin and challenges the reader to focus on losing just 10 pounds.

What Lamm understands is that managing weight isn't just about doing crunches, running miles, or cutting calories; in fact, one of the most powerful parts of success is generally overlooked—a healthy relationship with oneself is key to any weight-loss program. In Just 10 LBS, Lamm outlines ten easy steps to help readers heal their relationship with themselves and thus change their relationship with food, breaking destructive cycles of disordered and unhealthy eating.

Covering everything from body image to restrictive beliefs to developing a quiet, focusing daily practice, Lamm discusses all aspects of the emotional and self-esteem issues surrounding weight and food. And he puts them together into a 10-step program that begins with identifying your eating style—emotional eater, pleasure eater, energy eater, external eater, or critical eater—and ends with a discussion on the importance of "paying it forward," or giving back the gifts you've gotten. Also included is an action-oriented 30-day plan to help readers get a jump start on their weight-loss efforts.

The effective, easy-to-follow steps in Just 10 LBS will help readers reclaim their power over food; open emotional blockages that clutter their lives; and create a lifestyle that emphasizes the mind, body, emotions, relationships, and spirit.

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