



2:00 minutes to success. The psychology of losing weight /

Quarry, Peter,
on-screen presenter

Instructional films.

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The Psychology of Losing Weight is a course to help motivate you to eat healthily and manage your weight loss carefully. Losing weight can be difficult, but it can be achieved if you take a sustainable, positive, mindful approach to your eating habits. Doing exercise is an important part of losing weight but, on its own, it is not the answer. A crucial reason people put on weight is that they eat too much, especially when they're not really hungry, and they eat poor quality foods or junk food. There is more to losing weight than simply eating some foods and not eating others. Deciding to lose weight does mean improving your food choices, but it also means permanently changing your eating habits. In this course, psychologist Peter Quarry explains four ways to lose weight while gaining satisfaction

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