



## The TOPS Way to Weight Loss

By Howard Rankin



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Weight loss is about people, not calories. Too many other books focus on diet and exercise but neglect the personal, relationship, and spiritual factors that are the real keys to successful weight management. Drawing on the inspirational stories of the successful members of the international nonprofit, weight-loss support group Take Off Pounds Sensibly (TOPS), the organization's psychologist, Howard J. Rankin, shows you how to harness your personal power and the power of others to lose weight and keep it off. Successful weight loss is personal transformation. Dr. Rankin shows you how to mine and maintain your motivation by finding the real meaning in your weight-loss efforts. Extracting key principles from the incredible success stories, the author not only provides practical steps but also shows how they can be implemented in the context of everyday, busy lives. In addition to motivational strategies, easy-to-follow advice is given in the critical areas of self-management, emotional eating, bingeing, adaptive thinking, and temptation management. People don't lose weight in a social vacuum, they lose weight in the context of their relationships. So, at each step, Dr. Rankin shows how to enhance your program by using one of the most valuable resources available--the power of others.

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### Editorial Review

From Publishers Weekly

English psychologist Rankin asserts that when it comes to losing weight "information and education are valuable, but they're a small piece of the puzzle." Those who want to slim down would do well to follow the tenets of the TOPS (Take Off Pounds Sensibly) organization, he says, which embrace the emotions involved in weight issues, such as insecurity, fear, hope, self-worth and identity. Although this touchy-feely approach is surely not for everyone-it forces people to thoroughly examine how they perceive themselves and does not delve into specific dietary regimes or exercise plans-it could help those with deep-rooted weight issues.

Rankin divides his book into two main sections ("Attitudes" and "Skills") and offers chapters on subjects like self-acceptance, courage, excuses and spirituality, as well as on strengths, such as patience, planning, self-control and setting goals. Contributions from people who have struggled with losing weight lend the book a sobering note that's often absent in weight-loss books.

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### About the Author

Howard J. Rankin, Ph.D., is a clinical psychologist with an international reputation in the areas of relationships, wellness, and weight loss. A former academic who has written more than 50 scientific papers and edited prestigious, scholarly journals, Rankin has held appointments at the universities of London, Oxford, and South Carolina. He's been a consultant to the World Health Organization, and he's the psychological advisor to the international nonprofit weight-loss support group Take Off Pounds Sensibly (TOPS). He has written several books, including *Inspired to Lose*, ISBN: 0965826147; *7 Steps to Wellness*, ISBN: 0965826112; *10 Steps to a Great Relationship*, ISBN: 0965826120; and *Power Talk: The Art of Effective Communication*, ISBN: 0965826139. Rankin's work has been frequently featured in the print media, and he has appeared many times on radio and television. His pioneering work on temptation management was featured on the ABC newsmagazine *20/20*.

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Do you among people who can't read pleasant if the sentence chained inside the straightway, hold on guys this particular aren't like that. This The TOPS Way to Weight Loss book is readable by means of you who hate those straight word style. You will find the facts here are arrange for enjoyable reading through experience without leaving possibly decrease the knowledge that want to offer to you. The writer involving The TOPS Way to Weight Loss content conveys thinking easily to understand by lots of people. The printed and e-book are not different in the content material but it just different available as it. So , do you even now thinking The TOPS Way to Weight Loss is not loveable to be your top listing reading book?

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Information is provisions for individuals to get better life, information presently can get by anyone in everywhere. The information can be a know-how or any news even a concern. What people must be consider if those information which is within the former life are difficult to be find than now is taking seriously which

one is suitable to believe or which one often the resource are convinced. If you get the unstable resource then you get it as your main information it will have huge disadvantage for you. All those possibilities will not happen inside you if you take The TOPS Way to Weight Loss as the daily resource information.

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