



Only Fat People Skip Breakfast: The Refreshingly Different Diet Book

Lee Janogly

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Do all your dieting attempts end in failure? Do you ever intend to eat one biscuit but actually polish off the packet? Does your weight vary enormously depending on how 'good' you've been? If this sounds like you, it won't for much longer! Take control of your eating habits with Lee Janogly and break free from the binge-diet-crave-binge cycle.

The reason why diets don't work for so many people is that they are actually binge eaters. This means that they can diet reasonably successfully until they get a taste of one of their trigger foods, whereupon they lose all self-control and eat as much food as they can physically cram in. The result is that a binger will be on a permanent see-saw of weight loss and weight gain, accompanied by varying degrees of guilt, anger, depression and frustration.

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