

What Are the Latest, Scientifically Proven Ways to Lose Weight & Keep It Off?

Researchers across the globe are constantly studying new techniques to help people lose weight. Now you can forget about subscribing to medical journals to learn this professional wisdom. *Scientifically Slim* breaks down the jargon and teaches you industry leaders' methods to help you get fit and maintain your ideal weight. It explains the findings in easy-to-understand language and teaches you how to take the information and adopt it to your own weight-loss journey.

You will discover that this isn't just any weight-loss book:

- It takes the lessons from each research study and helps you find the answers you need to understand your weight loss challenges and the skills needed to plan your path to better health.
- You will learn the power to control your eating habits in a healthy way, craft an effective exercise regimen, and keep a positive outlook.
- At the end of each chapter, *Scientifically Slim* includes Action Points & Reflections, a detailed question and answer section.

Whether you choose to complete a section every day or every week, each time you pick up this book, you will be one step closer to setting your weight loss or maintenance goals and working to attain them. *Scientifically Slim* is your first step to the body and life you want.

"Scientifically Slim provides the reader with the latest scientific research that validates the effectiveness of the strategies it outlines."

Denise E. Bruner, MD, FASBP
Past President & Past Chairman of the Board, American Society of Bariatric Physicians

"This book is a must for anyone who has tried to lose weight and failed."

Vicki Berkus, MD, PhD, CEDS
Past President, International Association of Eating Disorders Professionals

"Scientifically Slim succinctly educates the reader by providing scientific answers and proven solutions ..."

Ralph E. Carson, PhD, RD
Co-author, *Harnessing the Healing Power of Fruit* (2008)

Scientifically SLIM™

Kennedy | Tham | Phang

Scientifically Slim is based on the latest medical research to empower you with the keys to long-term weight loss success.

Scientifically SLIM™

30 Proven Ways to Lose Weight & Keep It Off

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