



# **Coach Yourself Thin: Five Steps to Retrain Your Mind, Reclaim Your Power, and Lose the Weight for Good**

*Greg Hottinger, Michael Scholtz*

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Today dieters are more frustrated than ever before: Neither restrictive dieting nor a moderate middle-of-the-road approach has curtailed the obesity epidemic. As professional weight loss coaches, Greg Hottinger and Michael Scholtz have developed a new weight loss paradigm that has produced impressive results for the Biggest Loser Club online members. Hottinger and Scholtz's unique strategy helps readers identify the obstacles that are sabotaging their weight loss and gives them Five Stepping-Stones to Change: a series of physical, emotional, and social guidelines to help them break through their barriers.

*Coach Yourself Thin* will help you lose weight by:

- giving you a sustainable, nutritionally balanced eating plan
- laying out the basics of fitness and helping you create personalized workout strategies that fit your lifestyle
- providing tools, techniques, and hands-on exercises for changing your habits

Packed with success stories and solid instruction and inspiration, *Coach Yourself Thin* is a guide to becoming self-aware, breaking the frustrating dieting cycle, and designing a personal plan for lasting weight loss success.

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