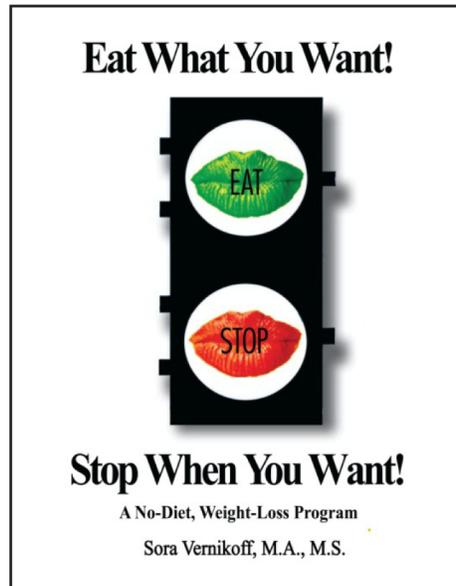


Ex-Compulsive Eater Developed an Eat and Stop Yourself No-Diet System



Author, Sora Vernikoff of Eat What You Want! Stop When You Want! tells your audience:

1. Why diets don't work.
2. Why dieting has kept you thinking about food all day.
3. Why dieting ultimately will fail you and as a result will keep you overweight.
4. Why diets keep you afraid of food and not let you have a peaceful relationship with food.
5. The two types of food thoughts that are keeping you weight loss challenged.
6. How you now can consistently eat and stop yourself.
7. How you now can consistently drink and stop yourself.
8. How bloating (stuffing your stomach with low calorie foods) can help lose weight faster.
9. How certain foods can help take you through difficult "I want to eat more times-but you really don't want the extra food."
10. How your kitchen can help make you thin
11. How the chair that you sit and eat in can make you thin.
12. How the dishes, utensils and napkins that you use can make you thin.
13. How routinizing your day can make you thin.
14. How writing down what you eat can make you thin.



- Today there are 45 million Americans who are planning to go on a diet or are on a diet and have no peace with food. These unhappy dieters might lose their weight in the short run but in reality 97% of those folks will regain all their weight and more within the three years that follow their dieted weight-loss.
- There is also the case of bariatric surgery. By 2013 about 220,000 bariatric surgeries had been performed. The best estimates suggest that about half of those who had surgery regained some or all of the weight they lost plus some more.
- Even through these surgeries are safer now than they were 10 years ago, they still lead to complications which include long term malnutrition, intestinal blockages, disordered eating and death.
- So why do doctors push dieting on folks who want to lose weight. There's really not a rocket science answer.
- The dieting industry is a 61 billion dollar weight-loss industry and so that's what doctors push it.
- The bottom line is *that there a lot of money at stake in the*

treatment of obesity. To complicate matters, Obesity has recently been classified as a disease by the American Medical Association and so that doctors hope that insurers will cover more treatments for obesity *and so even though diets ultimately don't work-that's what they will prescribe.*

- It's been said, "That it's hard to think of any other disease-if that is what you want to call it-*where the treatment rarely works and yet, most dieters are blamed for not "recovering."*
- But again, the bottom line is that it's all about feeding the 61 billion dollar diet industry and not the best interest of the unhappy dieter.
- And now last but by no means least, there is no other easy to use, no-diet, weight-loss system on the market, where the unhappy dieter can now for the first time make friends with food by being able to eat what they want, stop when they want and become forever thin and healthy and a happy non-dieter. There is no other but Sora's Weight-Loss "Management" Program.



Sora Vernikoff is a No Diet, Weight-Loss Coach who healed herself of compulsive overeating and has helped hundreds of unhappy dieters do the very same thing. Sora teaches her program to private clients both online and offline, has spoken at Lennox Hill Hospital and has also taught her program at The Learning Annex and at the office of a leading New York endocrinologist. Sora lives in Manhattan and loves to travel and is a volunteer with rescue dogs. Sora can be contacted at www.nodieting.net.

Eat What You Want! Stop When You Want! A No-Diet, Weight-Loss "Management" Program is a #1 Amazon Best Seller available at Amazon.com or www.nodieting.net.