

What Healthcare Professionals are Saying...

Sora's no-diet weight loss "management" program based on a cognitive behavioral model is both very interesting and very insightful. This no-diet program gives The Program User the choice to consistently eat and stop, all by using two simple self-stopping techniques. I highly recommend this program to anyone who wants to stop dieting and make peace with food.

Lynn Rothschild, LCSW,CASAS Addiction Specialist

Sora Vernikoff has a brilliantly original system for overcoming the mind-traps of the overeater. In a field written about too frequently it is hard to find such a clear, easy to follow plan for overcoming the stubborn behavioral patterns of those suffering from the overweight condition. Her book should prove helpful for clinicians and lay persons interested in the field of weight management and healthy eating patterns.

Ann Conant Davies C.S.W.

Sora's Weight Loss "Management" Program speaks to the "observing" eye which I encourage all my patients to embrace and hold onto. Her self-stopping no diet program offers the individual an autonomous way of managing their weight themselves which is the only way to facilitate permanent change.

Deborah J. Green C.S.W., B.C.D. Psychotherapist

This is a book that will successfully assist anyone who seriously wants to stop dieting and manage a permanent non-dieted weight loss. The book gives you permission to eat the food you love and know that you can always stop yourself when you're eating. Weight loss is a life long journey and Sora's Weight Loss "Management" Program makes it easy.

Chrystal F. Fourcard, RNC, B Associate Director Community Health Promotion and
Public Health Services

Finally, a no-diet weight loss program that teaches the individual how to eat and stop themselves. As an expert in healthy eating and natural foods, a program like this would make my job easier. A client would now be compliant to a more balanced way of eating by learning how to eat what he wants and stop when he wants. Then healthy eating will become a natural choice and not a

forced choice. How can you beat a weight loss program with those kinds of opportunities? You can't.

Meredith Sobel, MS, CHHC, AADP

Sora's Weight Loss "Management" Program has my applause. As a licensed mental health counselor and as a performance coach I have witnessed first hand what the ravages of poor self-esteem through food issues can do to an individual. Sora's Weight-Loss "Management" Program lets the weight challenged person reclaim their personal power by learning how to eat and stop themselves and makes it fun and easy to do. I highly recommend it.

Grace Kiley Mental Health Counselor/Performance Coach