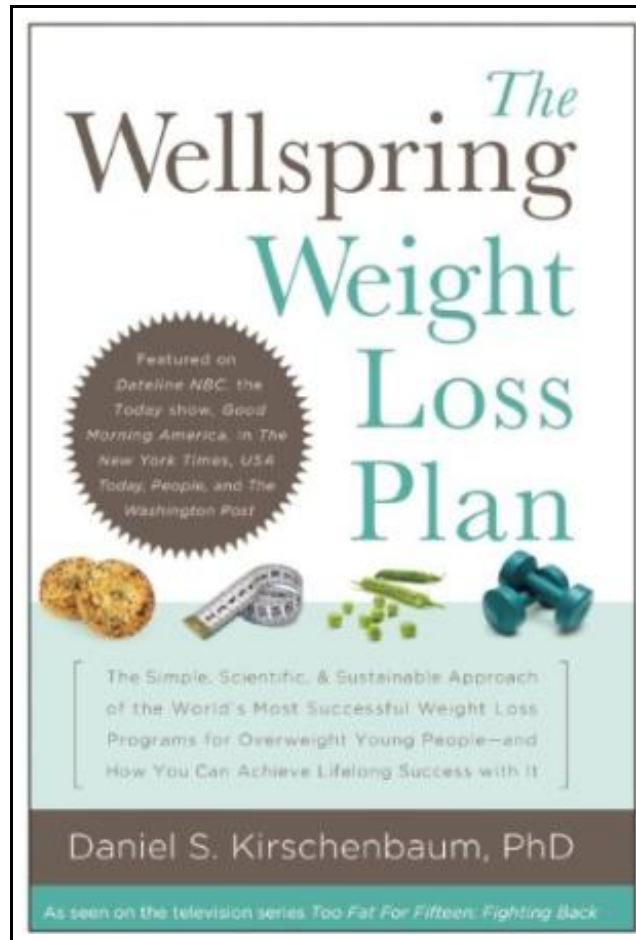


# The Wellspring Weight Loss Plan: The Simple, Scientific & Sustainable Approach of the World's Most Successful Weight Loss Programs for Overweight Young People and How You Can Achieve Lifelong Success With it



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## **Reviews**

*An incredibly great book with perfect and lucid reasons. It really is written in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf.*


*(Curt Bogan)*

## **THE WELLSPRING WEIGHT LOSS PLAN: THE SIMPLE, SCIENTIFIC & SUSTAINABLE APPROACH OF THE WORLD'S MOST SUCCESSFUL WEIGHT LOSS PROGRAMS FOR OVERWEIGHT YOUNG PEOPLE AND HOW YOU CAN ACHIEVE LIFELONG SUCCESS WITH IT**



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BenBella Books. Paperback. Book Condition: new. BRAND NEW, The Wellspring Weight Loss Plan: The Simple, Scientific & Sustainable Approach of the World's Most Successful Weight Loss Programs for Overweight Young People and How You Can Achieve Lifelong Success With it, Daniel S. Kirschenbaum, The Wellspring Weight-Loss Plan outlines the weight-loss program of the same name that has helped thousands of teens lose weight and find happiness. This plan is built on three principles: science, simplicity and sustainability and follows the 3-1-8 plan: \* 3 Simple Behavioral Goals: eat as little fat as possible, walk at least 10,000 steps per day, and write down your eating and activities \* 1 Challenging Mission: to develop a "healthy obsession" \* 8 Steps to Developing a Healthy Obsession: Make the Decision; Know the Enemy--Your Biology; Eat to Lose; Find Lovable Foods that Love You Back; Move to Lose; Self-Monitor and Plan Consistently; Understand and Manage Stress--With and Without Food; and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring's programs, starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010. From Wellspring Camps to Wellspring Academies (the world's first boarding schools for overweight teenagers) to Wellspring Vacations and Retreats (eight-day programs for adults), Wellspring participants learn to master the 3-1-8 approach described in The Wellspring Weight-Loss Plan. Find out why this program works and use it to transform the lives of teens you know.

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