

Fast Track Your Health: The Four Keys to Successful Weight Loss

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This strong weight-loss title focuses on beating obesity with four deceptively simple steps: setting goals, keeping a food journal, exercising, and following up regularly with a practitioner. As a weight-loss specialist and surgeon, author Mohammad Emran helps teens change their habits and lose excess weight for the long term.

No fads or hype—Emran teaches readers to communicate with themselves in a positive, honest way. Nor does he encourage conventional approaches to dieting. Instead, anyone who keeps a food journal and has a weight-loss goal will realize what they must do to bring their goals to fruition. Interestingly, the author notes that many people with weight-loss goals aren't completely honest in their food journal, effectively losing weeks of treatment time before reevaluating their habits and facing up to the importance of understanding their bodies and habits.

When it comes to goal-setting, readers are encouraged to be positive and decisive about what they will do and think rather than, for example, what they will give up. A statement like "I'll stop eating junk food tomorrow" takes the focus off the healthy food that is the actual goal. The book is short, smart, and motivating, and should help readers get serious about weight issues.

CARRIE WALLACE (Winter 2014)

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