



The Ultimate Weight Solution for Teens: The 7 Keys to Weight Freedom

Jay McGraw

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Weight issues are one of the leading causes of teen depression.

Since you are reading the back of this book, I'm guessing that you picked it up because you relate, at least in some way, to some of the following statements:

I can't stand my body!

I don't know how to lose weight!

The other kids always make fun of me and call me fat!

I hate myself!

Well, I have some good news for you. Actually, I have some great news. **By picking up this book, you have taken the first step to deciding to do something about your weight and your self-image.** This book will give you the answers to the many problems that you have been facing. And it will give you a plan for dealing with those problems. And I will go through it all with you. Now get psyched! **You are about to begin one of the most life-changing experiences of your life.** -- JAY MCGRAW, FROM THE INTRODUCTION

As Jay McGraw says, *The Ultimate Weight Solution for Teens* is a book that will change lives. Weight issues are one of the leading causes of teen depression, and *The Ultimate Weight Solution for Teens* is being published at a time when weight is the top issue in so many teens' lives. Inspired by the enormous success of the #1 bestselling *The Ultimate Weight Solution* by Dr. Phil McGraw, Jay McGraw has written a book that deals with the specific issues teens face when it comes to weight matters. It's hard enough to be a teen, it's even harder to be an overweight teen. No one knows that better than the young people who suffer the teasing and name-calling that seem to resonate daily through their school halls. But what do you do when your friends are scarfing pizza and cheese fries and you're trying to lose weight? With this book, Jay addresses this and other problems in a way that they have never been addressed before -- in a way that actually works! Just as he did in his bestselling books *Life Strategies for Teens* and *Closing the Gap*, Jay talks directly to teens and young adults in a way to which they can relate. Jay gets it and he knows how to give it to them straight. The result is a book that can do what teens all over have been looking for -- a way to totally transform their bodies, minds, and lives.

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Shane Hern:

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