



# Making Weight Control Second Nature: Living Thin Naturally

*Susan Burke March*

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# Making Weight Control Second Nature: Living Thin Naturally

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## **Making Weight Control Second Nature: Living Thin Naturally** Susan Burke March

A leading dietitian's unique journey from overweight to permanent weight control, naturally. Join in! Being thin and healthy, eating what you like yet liking yourself, and controlling your weight without fixating on it for the rest of your life are not about natural gifts, but about the gift of knowing how. Susan Burke March is so different, because she inspires us with her personal weight control triumph as well as her professional expertise. An exciting easy-to-follow way of living that puts you in control of your weight and health. With Susan's Making Weight Control Second Nature, you can be that person, who makes deliberate choices-one day at a time, one meal at a time, one food at a time, and one walk at a time. Here's to your living thin, naturally.

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