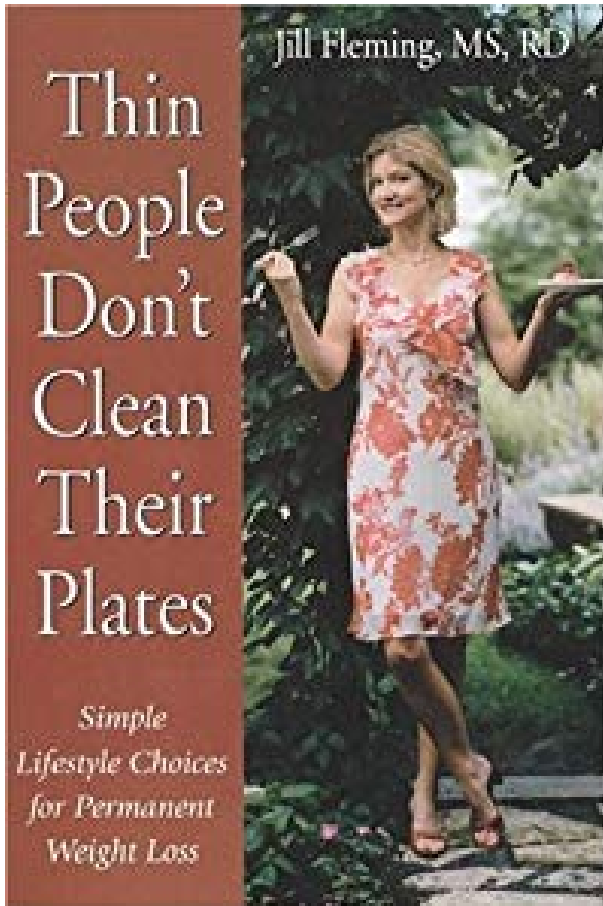


# Thin People Don't Clean Their Plates: Simple Lifestyle Choices for Permanent Weight Loss



<b>Author:</b>	Jill Fleming
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When Jill Fleming obtained her bachelor of science degree in dietetics and a master's degree in nutritional sciences, she found herself carrying an extra 40 pounds. Since her plan was to work with overweight people to help them lose weight, Fleming knew she needed to examine her own lifestyle. She began with simple changes: cutting back on junk food, drinking more water, moving her body. Her weight started to melt off. Fleming went on to develop the THIN CHOICES® weight-loss and maintenance program based on her own success, the success of her weight-loss clients over 11 years, and numerous surveys of thin people. Here she reveals her life-transforming approach to permanent weight loss. The book is divided into 17 chapters, each describing how the habits of "thin" people keep them that way. From "Thin People Don't Diet" to "Thin People Don't Go to Bed Full," from "Thin People Eat Chocolate" to "Thin People Drink Water," you'll soon learn exactly what you need to do—and you'll understand the reason. Easy-to-understand analogies and visuals will help translate often confusing scientific nutrition information in layman's terms. Latter chapters include recipe alterations and menu ideas, a summary of the THIN CHOICES program, and tips on maintenance once weight loss has been achieved. A suggested reading list provides additional resources. Fleming writes, "It has been said that where the mind goes, the body will follow. Believe that you are a thin person; begin living like a thin person and soon you will become that thin person." And it truly does seem

that simple.