



2:00 minutes to success. The psychology of losing weight /

Quarry, Peter,
on-screen presenter

Instructional films.

Educational films.

Short films.

Material Proyactable

The Psychology of Losing Weight is a course to help motivate you to eat healthily and manage your weight loss carefully. Losing weight can be difficult, but it can be achieved if you take a sustainable, positive, mindful approach to your eating habits. Doing exercise is an important part of losing weight but, on its own, it is not the answer. A crucial reason people put on weight is that they eat too much, especially when they're not really hungry, and they eat poor quality foods or junk food. There is more to losing weight than simply eating some foods and not eating others. Deciding to lose weight does mean improving your food choices, but it also means permanently changing your eating habits. In this course, psychologist Peter Quarry explains four ways to lose weight while gaining satisfaction

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzM4MTIzMDI>

Título: 2:00 minutes to success. The psychology of losing weight with Peter Quarry ; Seven Dimensions Pty. Ltd

Editorial: Melbourne, Victoria Seven Dimensions 2022

Descripción física: 1 online resource (3 minutes)

Duración: 000213

Variantes del título: 2 minutes to success. The psychology of losing weight Two minutes to success. The psychology of losing weight Psychology of losing weight

Mención de serie: 2 Minutes To Success 93

Nota general: Title from title screen (viewed July 27, 2023)

Intérpretes: Presenter: Peter Quarry

Lengua: In English

Materia: Weight loss Reducing diets Weight loss- Psychological aspects Motivation (Psychology)

Autores: Quarry, Peter, on-screen presenter

Entidades: Seven Dimensions Films of Australia publisher production company

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es