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The Commit2Self 5 Question Recipe for Weight loss Success

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For those with an ongoing weight loss battle and the people that love someone with an ongoing weight loss battle

**Authored by Lucie A Knapp LCSW
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For those with an ongoing weight loss battle and those that love someone with an ongoing weight loss battle. Commit2Self's mission is to help people take charge of their health so that they can live their lives to their fullest potential. Our belief is that lasting success can only be achieved when an individual can identify and gain insight into the issues that have negatively impacted their weight and health. The 5 QUESTION RECIPE FOR WEIGHT LOSS SUCCESS provides the foundation for lasting weight loss accomplishment. By exploration, journaling, and answering key questions over the 13 week program you will gain insight into your relationship with food. This journal is a great supplement to any other diet, exercise or weight loss program you may have tried or are currently using on your personal journey to overall health and wellness. Truly a small investment in yourself, that will pay dividends for the rest of your life.

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About the author:

Lucie Knapp, Licensed Clinical Social Worker, is the creator and owner of Commit2Self. Lucie graduated from Rutgers University with a Bachelors (BA) majoring in Psychology with a minor in Womens' Studies. She received her Masters of Social Work (MSW) from Rutgers Graduate School of Social Work, with a focus on clinical case and group work. She began her career as a counselor at Rutgers Community Mental Health Center in the inpatient adult psych unit. Since then she has spent over 20 years in the health, fitness and weight-loss arena. She was a Certified Personal trainer / Fitness Counselor with the Aerobics and Fitness Association of America (AFAA) and IFTA certifications. She became a weight loss counselor with a major weight loss chain, where she discovered that she was more successful with the counseling/behavioral focus. In 2000 she got certified as a Life Purpose and Career Counselor from the Life Purpose Institute, San Diego, California. In 2004 she responded to a posting by the Duke Diet and Fitness Center (DFC), at the Duke University Medical Center. She was hired to help create a Lifestyle Coaching Program. For over eight years as the Program Coordinator of the Lifestyle Coaching Program, she literally worked with thousands of clients, developed and instructed over a dozen different classes, and received numerous accolades. In 2010 she created Commit2Self.com, a website for education, motivation and support with weight loss, health and life challenge issues. In May 2012 she left her position at Duke to expand Commit2Self.com from one-on-one coaching services to speaking engagements and training workshops in hopes of educating and helping greater numbers of people. Her private practice provides therapy and coaching services. Most recently she created Commit2Self.net, an online education, motivation and support system for weight loss. Duke Diet and Fitness Center, and many other programs refer clients directly to her and promote Commit2Self. Now she brings you the Commit2Self 5 question recipe for weight loss.