



## Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now.

By *Cookie Rosenblum*

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**Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now.** By Cookie Rosenblum

Are you trying to lose weight?  
Are you tired of trying to lose weight?

Before you start another diet, put yourself on 'pause' and take a deep breath. This book will help you with a crucial step that most people who want to lose weight overlook: figuring out what's gone wrong in your past efforts.

Do you know exactly why you haven't been able to lose weight and keep it off? It all starts in your mind. And until you correct some basic errors in the way you think about weight loss, you may be doomed to keep repeating your mistakes, over and over again.

In 30 short and sweet lessons, along with thought-provoking corresponding worksheets, you will finally learn how to lose weight on whatever program you choose.

This book won't tell you what to eat, but instead will help you put together all the puzzle pieces that have held you back from your perpetual goal of real weight loss. You will learn key concepts from the coaching field, basic psychology and simplified, understandable brain science that will give you the answers to why you've failed before, and then give you some ammunition to successfully move forward.

Weight loss is really not a mystery. But you need the right tools and the right mindset. Clearing Your Path to Permanent Weight Loss gives you exactly that. A look at where you've been, an understanding of why and how you created the extra weight you're carrying around, the common mistakes you've made, and the solutions.

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## **Editorial Review**

### About the Author

Cookie Rosenblum, M.A. is a life coach with only one specialty: Weight Loss. She is a Certified Life Coach through Martha Beck, PhD (known as Oprah's favorite life coach), and a Master Certified Coach through Brooke Castillo, owner of The Life Coach School. Cookie has a master's degree in Clinical Psychology and uses a combination of coaching, psychology and brain science to help her clients learn to think the way naturally thin people think. Since 1986, Cookie has been helping smart women not only lose their extra weight, but also teaching them how to lose the whole problem. Her specialties are habitual overeating, emotional eating and binge eating. Cookie has a private practice coaching women from all over the globe. She also leads in-person and virtual groups on many subjects, all related to achieving permanent weight loss. Please contact Cookie at [cookie@realweightlossrealwomen.com](mailto:cookie@realweightlossrealwomen.com) with any questions, comments or suggestions you have regarding this book. If you'd like to learn more about Cookie's programs, visit her at [www.RealWeightLossRealWomen.com](http://www.RealWeightLossRealWomen.com) Cookie's given name is Bettejane, but was nicknamed Cookie as a bald baby with a big, round face like a cookie. It's funny how things turn out! She lives in the Midwest with her husband, two daughters and her dog, Henri.

## **Users Review**

### **From reader reviews:**

#### **George Oneal:**

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**Thomas Baier:**

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