



## Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off

By George, M.D. Blackburn, Julie Corliss

Download now

Read Online →

### Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss

How many times have you gone on a diet and lost a few pounds, only to hit, once again, that dreaded plateau? Many people manage to lose the first 10, 15, or 20 pounds of the weight they want to shed. Then, no matter how hard they work, they can't seem to nudge the number on the scale farther down, and often they end up gaining back the weight they lost. Finally, there is a healthy, permanent weight-loss solution that will get you off the frustrating yo-yo that often accompanies most fad diets.

Dr. George L. Blackburn is the associate director of the Division of Nutrition at Harvard Medical School and directs the Center for the Study of Nutrition Medicine, which investigates complex issues in nutrition and health. Based on three decades of his research and clinical practice, *Break Through Your Set Point* offers an exciting and effective program that will give you specific tools to help you get out of your rut and prevent those extra pounds from coming back.

Your set point, or typical body weight, is determined by your genes and your environment. Many modern lifestyle habits—including getting too little sleep and eating on the run—have conspired to raise many people's set points to unhealthy high levels. According to Dr. Blackburn's theory, if you set a reasonable goal to lose about 10 percent of your initial body weight, then hold steady at your new weight without regaining any pounds for at least six months, you can reset your body's set point. And once you've reset your set point, you can repeat the cycle to lose even more weight.

The body's innate tendency to protect itself against starvation explains why the body resists losing weight after a certain point. Dr. Blackburn explains the science behind the set-point theory and helps you devise a plan that works for you. With his unique, multi-faceted approach, Dr. Blackburn shows that hitting your set point is not a dead end but the first step in losing weight the right way. This book will help you overcome your weight-loss plateau once and for all.

 [Download Break Through Your Set Point: How to Finally Lose ...pdf](#)

 [Read Online Break Through Your Set Point: How to Finally Los ...pdf](#)

# Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off

By George, M.D. Blackburn, Julie Corliss

**Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off** By George, M.D. Blackburn, Julie Corliss

How many times have you gone on a diet and lost a few pounds, only to hit, once again, that dreaded plateau? Many people manage to lose the first 10, 15, or 20 pounds of the weight they want to shed. Then, no matter how hard they work, they can't seem to nudge the number on the scale farther down, and often they end up gaining back the weight they lost. Finally, there is a healthy, permanent weight-loss solution that will get you off the frustrating yo-yo that often accompanies most fad diets.

Dr. George L. Blackburn is the associate director of the Division of Nutrition at Harvard Medical School and directs the Center for the Study of Nutrition Medicine, which investigates complex issues in nutrition and health. Based on three decades of his research and clinical practice, *Break Through Your Set Point* offers an exciting and effective program that will give you specific tools to help you get out of your rut and prevent those extra pounds from coming back.

Your set point, or typical body weight, is determined by your genes and your environment. Many modern lifestyle habits—including getting too little sleep and eating on the run—have conspired to raise many people's set points to unhealthily high levels. According to Dr. Blackburn's theory, if you set a reasonable goal to lose about 10 percent of your initial body weight, then hold steady at your new weight without regaining any pounds for at least six months, you can reset your body's set point. And once you've reset your set point, you can repeat the cycle to lose even more weight.

The body's innate tendency to protect itself against starvation explains why the body resists losing weight after a certain point. Dr. Blackburn explains the science behind the set-point theory and helps you devise a plan that works for you. With his unique, multi-faceted approach, Dr. Blackburn shows that hitting your set point is not a dead end but the first step in losing weight the right way. This book will help you overcome your weight-loss plateau once and for all.

**Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off** By George, M.D. Blackburn, Julie Corliss **Bibliography**

- Sales Rank: #527198 in Books
- Published on: 2008-04-08
- Released on: 2008-04-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .93" w x 6.00" l, 1.20 pounds
- Binding: Hardcover
- 272 pages

 [Download Break Through Your Set Point: How to Finally Lose ...pdf](#)

 [Read Online Break Through Your Set Point: How to Finally Los ...pdf](#)

## **Download and Read Free Online Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss**

---

### **Editorial Review**

#### About the Author

Dr. George L. Blackburn, an associate professor of surgery and nutrition, is the S. Daniel Abraham chair in Nutrition Medicine at Harvard Medical School. He has trained more than 100 fellows in applied and clinical nutrition and has written widely on various aspects of nutrition, medicine, and metabolism, with over 400 publications to date.

Julie Corliss is a medical writer with more than sixteen years of experience in consumer health issues.

### **Users Review**

#### **From reader reviews:**

##### **Terry Matlock:**

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite book and reading a book. Beside you can solve your trouble; you can add your knowledge by the reserve entitled Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off. Try to stumble through book Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off as your good friend. It means that it can to become your friend when you feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated for you. The book makes you a lot more confidence because you can know almost everything by the book. So , we need to make new experience in addition to knowledge with this book.

##### **Theresa Piercy:**

What do you think about book? It is just for students because they are still students or this for all people in the world, exactly what the best subject for that? Only you can be answered for that problem above. Every person has distinct personality and hobby for every other. Don't to be forced someone or something that they don't want do that. You must know how great and also important the book Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off. All type of book would you see on many methods. You can look for the internet resources or other social media.

##### **Elizabeth Hart:**

This book untitled Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off to be one of several books this best seller in this year, honestly, that is because when you read this book you can get a lot of benefit onto it. You will easily to buy this particular book in the book retail store or you

can order it via online. The publisher in this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Touch screen phone. So there is no reason to you to past this e-book from your list.

**Kevin Hardy:**

In this particular era which is the greater person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple strategy to have that. What you have to do is just spending your time very little but quite enough to possess a look at some books. One of the books in the top list in your reading list is Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off. This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking upward and review this publication you can get many advantages.

**Download and Read Online Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss #LOICREBAVKH**

## **Read Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss for online ebook**

Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss books to read online.

### **Online Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss ebook PDF download**

**Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss Doc**

**Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss Mobipocket**

**Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss EPub**

**LOICREBAVKH: Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off By George, M.D. Blackburn, Julie Corliss**