

The Thin Commandments:

1. If you aren't thin you aren't attractive.
2. Being thin is more important than being healthy.
3. You must buy clothes, cut your hair, take laxatives, starve yourself, do anything to make yourself look thinner.
4. Thou shall not eat without feeling guilty.
5. Thou shall not eat fattening food without punishing oneself afterwards.
6. Thou shall count calories and restrict intake accordingly.
7. What the scale says is the most important thing.
8. Losing weight is good/ gaining weight is bad.
9. You can never be too thin.
10. Being thin and not eating are signs of true will power and success.

Thin Commandments

Joyce Brennfleck Shannon



Thin Commandments:

The Thin Commandments Stephen Gullo, 2005-01-01 The author offers his Ten Thin Commandments that govern all eating habits and his successful ABC diet plan which has helped patients lose more than one hundred pounds Your Dieting Daughter Carolyn Costin, 2013 Your Dieting Daughter is a must read for anyone wanting to help contribute to a young woman's development of a healthy self and body esteem whether she is 13 or 30 Costin has updated the first edition of this book to reflect her 15 additional years of expertise on dealing with the tricky issues of body image food and weight in a culture that places an unhealthy emphasis on being thin From aiding a young girl to lose weight for health reasons to encouraging a young woman to accept her natural body size to helping detect prevent and understand eating disorders this second edition is full of practical and invaluable information Chapters guide parents in the Do's and Don'ts that will help a daughter to accept respect and care for her body Readers will learn the importance of setting a good example and the critical need to take the focus from numbers and measurements such as scale weight clothing size miles run or sit ups accomplished to important goals like health body acceptance and finding physical activity to enjoy Whether you are interested in being a good role model for you daughter helping girls and women who are currently suffering from an eating disorder or body image issues or raising the next generation of girls to value the size of their heart over their body size this is a book not to be missed

Your Dieting Daughter...Is She Dying for Attention? Carolyn Costin, 2013-06-20 This book focuses on the essentials of nutrition offering clear guidelines for healthy eating and dispelling many of the myths promoted by the diet industry A concise and informative review of the most popular diet programs helps set the record straight on what's behind all of those promotional campaigns to which adolescent and younger girls are regularly exposed The goal here is to help parents understand the kinds of pressure their daughters are under and to provide them with the necessary knowledge to work with their daughters rather than against them in forming a strong positive and clear sense of self *The King's Highway; Or, Illustrations of the Commandments* Richard NEWTON (D.D., Rector of St. Paul's Church, Philadelphia.), 1875

The Thin Commandments Stephen Gullo, 2005 Ten diet strategies that work for every person and every diet President of the Institute for Health and Weight Sciences in New York Dr Stephen Gullo has more than 25 years experience of helping people to lose weight and to maintain their new weight for life At his clinic patients wait up to 6 months for an appointment and pay over 1000 an hour for his advice advice he details in this groundbreaking diet book In Part 1 The Thin Commandments offers you a series of strategies that are simple to learn and easy to apply You decide what you'll eat how to keep your eating under control and what you want to avoid at all costs In Part 2 you get a 3 step programme which begins with a 10 day turbocharged diet and includes menu plans shopping lists and recipes Together they give you all the information you need to stay free from cravings free from guilt free from obsessing about food and free at last from the destructive patterns of yo yo dieting **The Mid-Atlantic Almanack**, **The Thin Commandments Diet** Stephen

Gullo,2013-08-01 Bestselling author of Thin Tastes Better Dr Stephen Gullo lets you in on his unique program which has a success rate almost 15 times higher than the national average and has helped patients lose more than 100 pounds and maintain the weight loss for more than five years At Dr Gullo s Institute for Health and Weight Sciences in New York City patients wait up to six months for an appointment and pay over 1 000 an hour for the secrets he imparts in this book Dr Gullo s program incorporating his more than 25 years of clinical experience features The Ten Thin Commandments that govern all eating habits and his easy to follow ABC Diet plan In Part One Dr Gullo shares his Thin Commandments including Think historically not just calorically identify trigger foods that can undermine weight loss Slips should teach you not defeat you uncover the 24 hour secret and never gain weight from binging again Success is about substitution not denial discover the 10 most common diet busting foods and their satisfying substitutes In Part Two Dr Gullo outlines his simple ABC Diet plan He takes the guesswork out of dieting and offers a three step program which begins with a ten day turbocharged plan that helps melt away pounds quickly and easily The ABC Diet is complete with menu plans and shopping lists The Ten commandments and the Lord's prayer Ferdinand Schureman Schenck,1902 **The Rule of God's Commandments** George Edward Jelf,1878 **The Thin Commandments** Robert Simms,2015-07 A common sense no nonsense approach to finally succeeding in losing that weight you really don t want to grow old and die with The Thin Commandments are based on the original Ten Commandments No meals to buy pills to take exercises to do or anything else **The Ten Commandments Applied to Modern Behavior** Frank Crane,1928 **The Ten commandments: with explanations for the young, by A.T.S.** A T. S.,1879 **Take Charge of Your Child's Eating Disorder** Pamela Carlton,Deborah Ashin,2007-01-01 Eating disorders require a complex combination of psychological medical and nutritional approaches As a parent you are the constant guardian of your child s health but often the best way to extend treatment from the examining room to the living room isn t clear Take Charge of Your Child s Eating Disorder is a hands on medically based guide that tells you what you need to know about eating disorders As the founder and director of the Adolescent Eating Disorder Parent Education and Support Program at Stanford University Dr Pamela Carlton has treated hundreds of children and adolescents with eating disorders as well as guided their parents through the maze of eating disorder treatments This book offers a wealth of crucial information including Warning signs and diagnostic criteria for anorexia bulimia and eating disorders not otherwise specified EDNOS Facts about the hidden eating disorder Female Athletic Triad A step by step plan for diagnosis treatment options and recovery support Detailed advice for putting together and successfully managing a treatment team The real story about insurance what s covered what s not and how to fight the system Specific strategies for handling delicate situations talking to your child and accessing the most up to date resources The Ten Commandments in the Nineteenth Century Ferdinand Schureman Schenck,1889 **The Ten Commandments** George Jackson,1898 *The Ten commandments, sermons* Robert Eyton,1894 **Argumentation and Advocacy** ,2005 The Meanings of Dress 2nd

Edition Mary Lynn Damhorst, Kimberly A. Miller-Spillman, Susan O. Michelman, 2005 This revised collection of articles from magazines newspapers books and journals expands the readers awareness and understanding of what dress is all about The essays in The Meanings of Dress 2nd Edition illustrate essential topics such as dress and sociology cultural studies gender religion modesty and technological changes Design and merchandising students will gain insight into how and why consumers buy clothing and other products related to dress and will grasp ways to forecast future trends The book serves all interdisciplinary and multidisciplinary course needs

Allure, 2009 **Eating Disorders Sourcebook** Joyce Brennfleck Shannon, 2007 Provides basic consumer health information about risk factors recovery from and prevention and treatment of various eating disorders Includes index glossary of related terms and other resources Provided by publisher

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