

Health Visionary and Weight-Loss Specialist, Kent Sasse, MD, Releases

His Most Innovative and Inspirational Weight Loss Guide Yet

Breakthrough book clears the path to improved health and more energy with a three phase medically based weight-loss program combined with stirring inspirational advice

“This book is about much more than simply weight loss, although that’s an important part of it. It’s about making the changes you want to create an exceptional life.” - Peggy McColl, New York Times Best-Selling Author of The Won Thing

Commitment and belief in oneself join forces to form the cornerstone of any effective lifestyle change, and this is the foundation of Dr. Kent Sasse's latest book, ***Life-Changing Weight Loss: Feel More Energetic and Live a More Active Life With a Proven, Medically Based Weight Loss Program*** (360 Publishing; January 2010; \$22.95).

In it he urges readers to invest in their own well being by developing weight loss strategies that will improve their health, increase their nutritional awareness, and build self-confidence. Dr. Sasse does this while providing an interesting and pain-free education in nutrition, fitness and the value of movement. He uses a clear, genuine style to show how to put an end to emotional eating, and gain more control over your life.

Dr. Sasse provides straightforward advice for permanent weight loss by delving into such tough topics as:

- Change as a choice, and why crafting a picture of the person you want to become is pivotal to success
- How to reap benefits far beyond weight loss, such as radiating warmth and self-confidence, and gaining greater self-esteem
- Why medications can be safe and effective weight loss aids, but are not magic bullets
- Learn how believing in yourself and your right to a better life is the most critical factor in lasting weight loss
- Details on the three phases of an effective weight loss program, and how a medically-supervised program can position you for success

- Understanding the power of exercise, and why it must be a part of your plan for success
- Demystifying nutrition information, portion control, and food labels
- Calculating your total daily energy expenditure, and why it's essential to create a calorie deficit
- Designing a personal weight loss plan for long-term success utilizing several key components, and how a high quality, evidence-based plan can help

The book is sprinkled liberally with inspiring and uplifting quotes from many of the world's most talented and profound thinkers to keep readers motivated and focused. There is also a comprehensive appendix with clear and helpful tips, and extensive information on:

- how to calculate your BMI, and determining the best range for your height and weight
- simple tips to boost your activity level, including suggested exercises, and a pedometer log
- a protein source list detailing the appropriate portion of a wide variety of foods and their calorie, fat, and protein content
- an informative interview with Dr. Michael J. Block, expert in cardiovascular disease, and founder and medical director of Saint Mary's Risk Reduction Center and co-director, Saint Mary's Vascular Institute
- contact information for a host of important groups including bariatric and nutritional organizations, and web sites on obesity, women's health, cancer and diabetes

More than a weight-reduction plan, **Life-Changing Weight Loss** will inspire readers to jump start their efforts to create a healthier life with a clear and concise blueprint on how to get rid of excess weight, raise energy levels, prevent diabetes, and improve metabolism. All of this is possible without depriving oneself of favorite foods or going on an exercise regimen only a tri-athlete could fulfill.

For those looking for a safe, effective weight loss program full of practical, clinically-sound advice, with an inspirational vitality, then look no further than ***Life-Changing Weight Loss: Feel More Energetic and Live a More Active Life With a Proven, Medically Based Weight Loss Program*** by Kent Sasse, M.D.

Kent Sasse, MD, MPH, FACS is a renowned pioneer in the field of medically supervised weight loss and the founding director of the Obesity Prevention Foundation, a nonprofit organization dedicated to the prevention of childhood obesity. The author of the books, *Doctor's Orders: 101 Medically Proven Tips for Losing Weight*, and *Outpatient Weight Loss Surgery: Safe and Successful Weight Loss with Modern Bariatric Surgery*, is a frequent speaker in the medical community on the topics of weight reduction and obesity. Dr. Sasse is founder and medical director of the International Metabolic Institute (iMetabolic) and Western Bariatric Institute, a nationally recognized surgical weight loss center and AS MBS Center of Excellence. Through his ongoing research and practice, Dr. Sasse continues to pursue his mission of combating obesity in the United States.

Life-Changing Weight Loss: Feel more energetic and live a more active life with a proven, medically based weight loss program

Kent Sasse, M D, M P H, F A C S

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