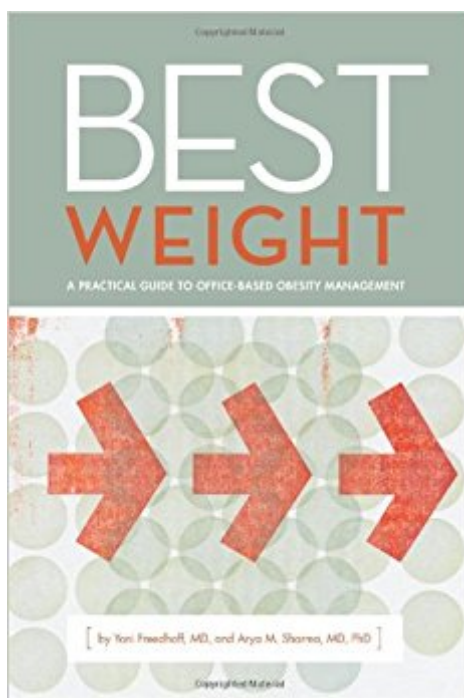


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# Best Weight: A Practical Guide To Office-based Obesity Management



## Synopsis

A practical, concise and readable guide to managing obesity in a clinical setting. A synthesis of reliable evidence and a combined 30+ years of experience managing patients coping with excess weight, BEST WEIGHT is the ideal resource for physicians, dietitians and other health professionals looking for insights and actionable information for helping patients shed pounds safely, sensibly and sustainably.

## Book Information

Paperback: 106 pages

Publisher: Canadian Obesity Network; 1 edition (September 15, 2010)

Language: English

ISBN-10: 0986588903

ISBN-13: 978-0986588907

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,693,446 in Books (See Top 100 in Books) #102 in [Books > Medical Books > Medicine > Internal Medicine > Bariatrics](#) #605 in [Books > Medical Books > Medicine > Doctor-Patient Relations](#) #1198 in [Books > Reference > Encyclopedias & Subject Guides > Medical](#)

## Customer Reviews

A concise and very practical reference guide written by two leading experts on overweight and obesity. As a physician with a medical practice specialized almost exclusively in weight loss and weight management, I deal with patients on a daily basis who are trying desperately to better control their weight in a way that is healthy and sustainable. My knowledge around weight management is based on clinical experience and large amounts of information gathered through numerous courses, workshops, journals, textbooks, consultations etc etc etc. When I first read this book I wished it had been available to me years ago. It essentially describes how to put evidence based clinical practice guidelines into practice - very practical implementation advice. It goes way beyond the basic premise of eating less and moving more, and it dedicates entire chapters to important topics such as office set up, psychological considerations, comorbidities, treatment barriers and more. It certainly fills a large gap that was not covered in medical school when I was in training. The information is presented in a straightforward manner, and it is an EXCELLENT TOOL for any health professional

wanting to constructively assist their patients to move away from the "diet mentality" and to better manage their health and weight. I also consider this a NECESSARY read for all medical students and residents.

Even if you don't work in healthcare, this information should be widely circulated. These doctors understand this disease from a social, physical and environmental aspect. It's an easy read with highlights, and is presented as both a training manual and reference guide. It's well written based on research and is objective to a tee. I printed it and am using it to teach my staff the standards of care for overweight patients in my centers in Los Angeles. Thanks Docs!

i found the book very easy to read and full of information for clinician , i see many patient having difficulty with weight , with this book , i feel more understanding and able to help them better .

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