



# Think And Grow Thin

*Thyra Samter Winslow*

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## **Think And Grow Thin** Thyra Samter Winslow

There is only one cause for overweight: overeating! The causes for overeating are legion; and the identification of the reason why you continually cram more food than you need into your stomach is a prime requisite for the "cure" of obesity. This groundbreaking book represents an unprecedented advance in the struggle against the eternal problem of obesity. The author has set herself the task of acquainting overweight readers with the known facts concerning their situation; why they are overweight, why this excess poundage is dangerous, why it is really never too late to cast off the superfluous tissue, and lastly, how to achieve the desired reduction in a safe and sane fashion. In discussing obesity, the author steers clear of the temptation to discourse concerning constipation, fatigue, faddist diets, etc. She means the text to apply only to the reader interested in losing weight. She makes one point quite clear; the obese person must watch his or her diet from now and forevermore. This is a simple truism and yet is as necessary as telling a reclaimed alcoholic that in the future he cannot imbibe with impunity from the cup that cheers. The question is, how much do you want to be slim?

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