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Eating sanely does not assume that one way of eating fits all. It also doesn't assume that this is easy, or that it happens all at once. Finding your own path to sanity takes trial and error, and time and attention, given the world we live in—the world of fast food, fake food, 300,000 diet books, and 1,400-calorie burgers.

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A Note of Introduction From Terese Weinstein Katz, MFT, PhD: If there's one thing I know, it's how much people struggle to eat well and stay fit. My career as a clinical psychologist has spanned over 20 years.

Eat Sanely | Weight loss for Long Term—Dr. Katz
Eat Sanely Paperback – April 12, 2011 by Terese Katz (Author) 5.0 out of 5 stars 1 rating

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