

Press Release

ReBu Publishing

FOR IMMEDIATE RELEASE

New Book by Eating Disorder Specialist Rebecca Cooper, LMFT
Examining Our Emotional Relationship with Food

August 14, 2009 (Lake Forest, CA) - ***Diets Don't Work!*** If this knowledge is all too familiar then why do we have more diets and weight loss products available today than ever before, with still ever more people dangerously overweight than any other time in modern history? If insanity is repeating the same action over and over again while expecting different results, what does this suggest about our society in terms of diet and weight?

Believing literally that *Diets Don't Work!* Certified Eating Disorder Specialist, Rebecca Cooper, says in her new book *Diets Don't Work: Healing The Cycles Of Yo-Yo Dieting & Emotional Overeating!* [RuBu Publishing, 2009) we all possess the intuitive knowledge about weight, hunger and eating that will help correct our individual and collective disturbed diet mentality and bring us to a healthier, more balanced lifestyle, without the obsessive thoughts of food, weight, and body image so high in people diet.

Written from both a clinical as well as personal perspective, Plagued for the first half of her life by the imaginary horrors that the slightest bit of weight gain might bring, Cooper eventually came to recognize that the roots of much disordered eating, including her own, run much deeper than the façade that insatiable or uncontrollable hunger presented.

True to its title, *Diets Don't Work!* supports Cooper's theory that diets *don't* in fact work while offering alternative explanations and solutions to achieve this new lifestyle. By delving into the underlying emotional cues and conditions that fuel our need to feed, *Diets Don't Work!* relies on the principles of its predecessor, the unique *DDW* structured program developed by Cooper over the past decade.

"All actions start with a thought. You must change your thinking to change disordered eating." Using cognitive behavioral, solution focused, and guided imagery techniques coupled with individual therapy sessions which hundreds of clients have already benefited from, the secrets and solutions found in *Diets Don't Work!* are now publicly available with this new release.

For Cooper, this is a dream come true. Her fervor to extend help to others suffering from disordered eating have led her to open a treatment center and residential facility in Lake Forest, California that serves individuals suffering from eating disorders from all over the world and she has counseled hundreds of patients over the years. *Diets Don't Work!* is the next landmark in Rebecca Cooper's journey toward the education and support of overcoming disordered eating. "This program is about maintaining your ideal weight easily, naturally, and permanently."

National book tour dates currently scheduled from September 2009 to April 2010.

Diets Don't Work!

by Rebecca Cooper, LMFT, CCH, CEDS

ReBu Publishing \$19.95 softcover

www.DietsDontWork.org