



# **The Spider Diet: Breaking The Vicious Cycle Of Constant Weight Gain: A Guide To Healthy Living Through Self-Assessment And Change**

*Jodi A. Aaronson, M.D. Michael L. Aaronson*

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The Spider Diet is a self-help tool designed to help you lose weight. You first identify a bad habit you have that causes weight gain and create a case study, describing the situation. Next, you dissect the habit into its component parts, creating a vicious cycle. You discover the real reasons behind the perpetuation of these bad habits and intervene, breaking the vicious cycle. Your altered behavior results in permanent weight loss and maintenance of goal weight. You will soon realize that you can have many vicious cycles occurring simultaneously in your life. We show you a method to manage your vicious cycles--the spider diagram. You will need the proper analysis tools to track your progress on The Spider Diet. Therefore, we teach you how to create a spider diet progress chart and graph. We have included 15 case studies to help you learn the process. We have also included a questions answered chapter to facilitate understanding. More information: [www.michaelaaronsonmd.com](http://www.michaelaaronsonmd.com)

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