

From the Director of the Johns Hopkins  
Weight Management Center—  
A PROVEN METHOD TO HELP YOU  
LOSE WEIGHT AND FEEL BETTER

# LOSING WEIGHT *for* GOOD

*Developing Your  
Personal Plan  
of Action*

*Lawrence J. Cheskin, M.D.*

DIRECTOR OF THE JOHNS HOPKINS  
WEIGHT MANAGEMENT CENTER

# Losing Weight For Good Developing Your Personal Plan Of Action

**Jicheng Xie**



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