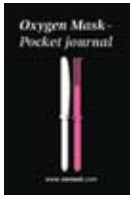


Reviewed by Marion Desborough



Oxygen Mask

*Breathe easier about your
relationship with food*

Beth Castle • Calgary: 403-680-7200
www.weightmanagementbook.com

When I first saw this book I thought to myself, what a strange title for a weight loss book. The author describes her experience as a passenger on a plane being taught how to use an oxygen mask. First rule of thumb, put your own mask on first, then you can help others.

This book is a step-by-step process to understand all the reasons why, when and where we eat that has caused us to become overweight. We can change our habits and incorporate more beneficial ways of looking at food as fuel for optimum use. She then gives us tools necessary to lose weight and at the same time learn healthy habits. There is even a journal to document our process as we continue on this journey.

I found this book easy to read, easy to follow, easy to understand, and it all made common sense to me. It would just be a matter of doing it.