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# Just Eat Less? Easier Said Than Done.



## Synopsis

Cecily Alexander has been a dietitian for 38 years. Teaching and changing client's behavior has always been a focus of her creative efforts. She has presented at many conferences over the years and focused on developing educational materials for her clients. Her clinical roles have been varied, but the one she has found most challenging is helping clients change behavior in order to achieve a healthy body weight. This has been a major focus of her work and her research. She ran Healthy Weight Clinics for many years as part of a hospital outpatient program. She admits: "The journey isn't easy. Many weight loss plans make promises that are not realistic." In *Just Eat Less? Easier said than done*, she will take you on a journey. She will make suggestions of ways to overcome some of the hurdles you may face along the way. The end result is for you to be able to achieve a healthy weight loss and maintain it for the long term. Her long career has included all areas of dietetics: clinical nutrition, food service, internship programs, and teaching at the university and community college levels. She has a Master of Business Administration degree from the University of Guelph, specializing in Organizational Behavior. She managed Clinical Nutrition Departments in acute care hospitals for over twelve years. She also taught at the Brescia University College part time for twelve years, and has volunteered for her professional associations in many different capacities. She sat on the Council of the College of Dietitians of Ontario for eight years, and was elected president for three terms. She lives happily in Southern Ontario with her family. I would like to sincerely thank Jan Figurski MLIS, CAE, Heather Thomas RD, PHD, Pam Colby RD, CDE, and Pat Pauli BAsc, for editing and the many suggestions they offered to this publication of *Just Eat Less? Easier said than done*

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