

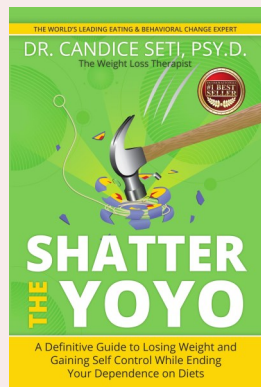
Dr. Candice Seti, Psy.D.

Lose Weight and End Your Diet Dependence FOR GOOD!

As a therapist, author, coach, and former yo-yo dieter, Dr. Seti is committed to helping others achieve and maintain weight loss while gaining self-confidence and ending their perceived dependence on diets!

According to a recent study by the [Mayo Clinic](#), yo-yo dieting is not only frustrating, but is actually leads to an increase in weight, body fat, and unhealthy visceral belly fat. In addition, [the American Heart Association](#) has found significant evidence that yo-yo dieting increases the likelihood of heart disease and even death!

Dr. Seti aims to lower these risks by helping others understand their barriers to successfully maintaining weight loss— through behavioral lifestyle, and cognitive changes, not dieting. Her book, *Shatter The Yoyo*, provides readers with her unique strategies, tips, and tricks that can be incorporated into a long-term healthy lifestyle, instead of a short-term regimen that sets you up to regain weight.



***“You CAN stop the yo-yo dieting cycle for good.
You can be free.”***

ABOUT DR. SETI

Dr. Candice Seti, aka The Weight Loss Therapist, is the world’s leading eating and behavioral change specialist. She is a Licensed Clinical Psychologist, a Certified Nutrition Coach, a Certified Weight Management Specialist, a Certified Personal Trainer, and a Certified Insomnia Treatment Clinician. Dr. Seti is a featured contributor to numerous blogs including [MyFitnessPal](#), [Aaptiv](#), and [Beachbody](#) and has appeared on [Las Vegas Morning Blend](#), [CBS 8 Morning Show](#), [NBC Palm Springs](#), and [EHealth Radio Network](#).

FOR AN INTERVIEW WITH DR. SETI

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SPEAKING POINTS

- * How simple self-care can lead to weight loss
- * 10 quick and easy mealtime changes that have big results
- * Creating mindful eating habits that last
- * Understanding how you self-sabotage
- * Getting connected with your true motivation
- * Changing your thinking to change your behavior