

ABOUT THE BOOK: Are you tired of your struggles with weight? You are not alone. Have you been a victim to the latest weight loss solution in a package? You are not alone. As a medical doctor bent on trying to change patients destructive behaviors, Dr. Cardenas understood firsthand the sense of failure until he discovered the real cause of weight gain-our thinking. Your thoughts are the trigger for a powerful force called the creative force, much more powerful than knowledge or intentions or wishes. By becoming aware of the force and learning to control it, your success will be inevitable. Dr. Cardenas describes the process step by step, in terms simple enough that anyone can understand. Use your weight problem to teach you how to harness the creative force that has been out of control in your life. Once you learn to control it, you will be using this force in every aspect of your life, making you successful in every endeavor you pursue. ****

ABOUT THE AUTHOR: Colombian by birth, American by choice, Christian by grace, JORGE M. CARDENAS, M.D., FACOG received his bachelors degree from Western Kentucky University, attended DREW/UCLA to receive his medical education, and then completed his residence training and board certification. He has been engaged in private practice in Paducah, Kentucky, for the past 16 years. His interest in understanding and treating obesity was born out of having watched his mother suffer from the effects of diabetes as well as his own personal struggle with weight. Since 2005, Dr. Cardenas has taught his permanent weight loss program through a local support group that meets regularly throughout the year.

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Spaghetti and Meatballs for All - school year. Meanwhile, heat 1 tablespoon of oil in another large frying pan over a medium heat, add the meatballs.

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