

Gastric Banding or Sort Your Head Out?

Gastric Band or Sort Your Head Out? How to Stop Being Obsessed with Diets. Listen to my BBC Radio interview!

It's new year again and the press is full of hints tips and good ideas on how to lose weight.

So it was refreshing to get a call from BBC Radio Berks, asking me to talk to Anne Diamond about 'Are We Obsessed With Dieting' and should we get off the bandwagon?

The topic had been prompted by two celebrities who were getting divorced, him citing her obsession with weight loss and exercise. Is dieting ruining our lives? The show wanted to know.

What a great opportunity I thought...then I remembered Anne's own history with weight – and that she had, a few years ago, a gastric band fitted.

As a professional journalist, what would she ask of me, a Cognitive Hypnotherapist who works with people who actually want to avoid that kind of solution?

Was I setting myself up for a 'Jeremy Paxman' type grilling on my techniques and success rate??

What happened? Listen for yourself...move the cursor to 2hrs 7 mins on the iPlayer and she introduces me!

http://www.bbc.co.uk/iplayer/episode/p005wx9p/p005wx9q/Anne_Diamond_12_01_2010/

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