

FOR IMMEDIATE RELEASE

**Acclaimed Weight Loss Expert, Dr. Gerard Musante Reveals Tips and Tools
for Lifelong Weight Loss in the Paperback Book,
The Structure House Weight Loss Plan**

Pioneering weight loss program encourages permanent and healthy lifestyle changes

DURHAM, N.C. (January 9, 2008) — [The Structure House Weight Loss Plan](#), by Gerard J. Musante, Ph.D., hit book stores in paperback earlier this month. Based on the \$10,000-a-month residential program at [Structure House](#)® in Durham, N.C., the book shares Dr. Musante's unique approach that combines psychology and behavioral modification for long-term weight loss success.

The book is now available in paperback to reach the broadest audience possible and readers can learn the secrets Dr. Musante has shared with his patients for more than 30 years. The book acts as a guide to lifelong weight loss and explains how to handle difficult situations like restaurant eating, managing social overeating, cooking healthy meals at home and eating better while traveling. Dr. Musante presents sensible strategies and tools to maintain a healthy weight, permanently.

Each year, Structure House attracts thousands of people from all over the world and helped Durham, N.C. earn the reputation as the "Weight Loss Capital of the World." Since opening its doors in 1977, Structure House has helped more than 30,000 people lose a combined weight of more than 636,000 pounds. At Structure House, these "super losers" learned techniques such as using a food diary and practicing Structured Eating to help them shed hundreds of pounds, and keep it off.

"In this book, we expose unhealthy eating behaviors such as habit, boredom, and stress and show why these behaviors are at the core of how people make bad eating decisions," said Dr. Musante. "We've developed an amazing program and are excited to make it available to a larger population. We understand everyone who needs our help cannot invest the time or money to visit us in Durham, but now they can benefit from the Structure House program through the book."

Dr. Musante founded the Structure House program after recognizing the inadequacies of other weight loss programs. Many popular diet plans did not address the underlying reasons for overeating, or focused solely on one side of the issue. The Structure House plan integrates principles of nutrition and exercise with psychology in a treatment approach designed to change the eating habits and lifestyles of overweight people.

[The Structure House Weight Loss Plan](#) provides positive ways to understand dysfunctional eating patterns, providing resources and coping strategies for tackling each one. Dr. Musante outlines a proactive plan that can be used in any environment, including the home, workplace and restaurants. The plan details corrective actions for each emotion, helping readers regain a sense of balance and develop a positive relationship with food. The end result is an all-encompassing lifestyle change for weight loss and healthy living. The book can be purchased at [Amazon.com](#) or wherever books are sold.

THE STRUCTURE HOUSE WEIGHT LOSS PLAN

Achieve Your Ideal Weight Through a New Relationship with Food

By Gerard J. Musante, Ph.D.

Fireside/Simon and Schuster, Inc.

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About Structure House

Structure House[®], a residential weight loss facility in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility, which celebrates its 30th anniversary in March 2007, integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Gerard J. Musante, Ph.D., one of the nation's leading experts on obesity and weight loss, is the founder and director of Structure House. A renowned clinical psychologist, Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. Dr. Musante is the author of The Structure House Weight Loss Plan. For more information, visit www.structurehouse.com.

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