

# NoHoW Content

## NoHoW Weight Loss Management Videos

Weight Loss Management Content that was created during the NoHoW Project (<https://nohow.eu/>) is made available here for research use. The NoHoW project aimed to create evidence based weight loss tools.

Videos created during the project for use by participants in weight loss trials are made available to researchers for non-commercial use:

- Video 1: Myths and Facts
- Video 2: Multiple Functions of Food
- Video 3: The Role of Shame and Self-Criticism
- Video 4: Obstacles to a Meaningful and Healthier Life
- Video 5: Self Monitoring
- Video 6: Learning to "Just Be"
- Video 7: Compassion
- Video 8: Confidence
- Video 9: Body Image
- Video 10: Final Destination: A New Start
- Video 11: Shoulds and Wants

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