

Weight Watchers: Shed the Pounds but Lose Your Friends?

Written by Business News

If you're trying to lose weight, Weight Watchers might seem like the ideal place to share advice and get support. While this may be true when you first join, a new study in the Journal of Consumer Research shows you'll bond less with the other members of a support group as you get closer to reaching your goals.

Read more <http://www.alphagalileo.org/ViewItem.aspx?ItemId=149006&CultureCode=en>