

# Keeping a diary can help you to lose weight

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## ***AOL UK:***

If losing weight is one of your New Year's resolutions, it might be a good idea to start keeping a diary.

New research, published in *Psychological Science*, showed that women who write about what they think and feel are more likely to lose weight than those who don't.

Researchers at Canada's University of Waterloo studied 45 overweight female undergraduates. Half of the group were asked to write down their thoughts on their most important value and the other half were asked to write about a less important issue.

Those who had written about an important value lost an average of 3.14lb, while the other group gained an average of 2.76lb.

Read the full story: [AOL UK](#)