Claims:

1. A combination for promoting weight loss or facilitating maintenance of a stable weight, comprising telenzepine and an antidepressant selected from the group consisting of sertraline, citalopram, escitalopram, venlafaxine, and sibutramine in a therapeutically effective amount to effectuate weight loss.

2. The combination of claim 1, wherein the telenzepine and the antidepressant are administered for at least 80 days.

3. The combination of claim 1, wherein one or both of the telenzepine and the antidepressant are administered in a sustained-release formulation.

4. The combination of claim 1, wherein the telenzepine and the antidepressant are administered concurrently.

5. The combination of claim 1, wherein the telenzepine and the antidepressant are administered sequentially.

6. The combination of claim 1, wherein the telenzepine and the antidepressant are administered as an admixture.

7. The combination of claim 1, wherein the telenzepine is administered in a dose of from 0.5 mg per day to 10 mg per day.

8. The combination of claim 1, wherein the telenzepine is administered in a dose of from 0.01 to 5.0 mg/kg of body weight.

9. The combination of claim 1, wherein the antidepressant is sertraline.

10. The combination of claim 9, wherein the sertraline is administered at a dose of from 50 mg per day to 200 mg per day.

11. The combination of claim 1, wherein the antidepressant is citalopram or escitalopram.

12. The combination of claim 11, wherein the citalopram or escitalopram is administered at a dose of from 5 mg per day to 60 mg per day.

13. The combination of claim 1, wherein the antidepressant is venlafaxine.

14. The combination of claim 13, wherein the venlafaxine is administered at a dose of from 25 mg per day to 550 mg per day.

15. The combination of claim 1, wherein the antidepressant is sibutramine.

16. The combination of claim 1, wherein the telenzepine is administered with a meal.

17. The combination of claim 1, further comprising one or more anti-obesity agents.

18. The combination of claim 1, further comprising one or more anorexiants.

19. The combination of claim 18, wherein the anorexiant is phentermine.

20. A pharmaceutical composition for promoting weight loss or facilitating maintenance of a stable weight, comprising a mixture of therapeutically effective amounts of telenzepine and an antidepressant selected from the group consisting of sertraline, citalopram, escitalopram, venlafaxine, and sibutramine.

21. The pharmaceutical composition of claim 20, wherein the antidepressant is sertraline.

22. The pharmaceutical composition of claim 20, wherein the antidepressant is venlafaxine.

23. The pharmaceutical composition of claim 20, wherein the antidepressant is citalopram or escitalopram.

24. The pharmaceutical composition of claim 20, wherein the antidepressant is sibutramine.

25. The pharmaceutical composition of claim 20, wherein delivery of the telenzepine and the antidepressant is sustained release.

26. A kit for promoting weight loss or facilitating maintenance of a stable weight, comprising a combination of therapeutically effective amounts of telenzepine and an antidepressant selected from the group consisting of sertraline, citalopram, escitalopram, venlafaxine, and sibutramine.

27. The kit of claim 26, wherein the telenzepine and the antidepressant are in separate formulations.

28. The kit of claim 26, wherein the telenzepine and the antidepressant are in the same formulation.

29. The kit of claim 26, further comprising an anti-obesity agent.

WHAT IS CLAIMED IS:

1. A method for promoting weight loss or facilitating maintenance of a stable weight, the method comprising administering to an obese or overweight individual in need thereof telenzepine and an antidepressant selected from the group consisting of a selective serotonin reuptake inhibitor (SSRI) and a selective serotonin-norepinephrine reuptake inhibitor (SNRI) in a therapeutically effective amount to effectuate weight loss, whereby weight loss is promoted or maintenance of a stable weight is facilitated.

2. The method of claim 1, wherein the antidepressant is a SSRI.

3. The method of claim 2, wherein the SSRI is selected from the group consisting of citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine and sertraline.

4. The method of claim 3, wherein the SSRI is citalopram.

5. The method of claim 3, wherein the SSRI is sertraline.

6. The method of claim 1, wherein the antidepressant is a SNRI.

7. The method of claim 6, wherein the SNRI is selected from the group consisting of milnacipran, mirtazapine, venlafaxine, duloxetine, desvenlafaxine and sibutramine.

8. The method of claim 7, wherein the SNRI is venlafaxine.

9. The method of claim 1, further comprising administration of one or more anti-obesity agents.

10. The method of claim 1, further comprising administration of one or more anorexiants.

11. A method for promoting weight loss or facilitating maintenance of a stable weight, the method comprising administering to an obese or overweight individual in need thereof a therapeutically effective amount of one or more M_1R-selective antagonists to effectuate weight loss, whereby weight loss is promoted or maintenance of a stable weight is facilitated.

12. The method of claim 11, wherein the one or more M_1R-selective antagonists is selected from the group consisting of pirenzepine, telenzepine and combinations thereof.

13. The method of claim 11, further comprising administration of one or more antidepressants other than a M_1R-selective antagonist.

14. The method of claim 13, wherein the one or more antidepressants is selected from the group consisting of tricyclic antidepressants and analogs thereof, serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, norepinephrine reuptake inhibitors, dopamine reuptake inhibitors, norepinephrine-dopamine reuptake inhibitors, serotonin-norepinephrine-dopamine reuptake inhibitors, serotonin reuptake accelerators, serotonin agonists and prodrugs thereof, monoamine oxidase inhibitors and mixtures thereof.

15. The method of claim 11, further comprising administration of one or more anti-obesity agents.

16. The method of claim 11, further comprising administration of one or more anorexiants.

17. A pharmaceutical composition comprising a mixture of therapeutically effective amounts of an M_1R-selective antagonist and an antidepressant other than a M_1R-selective antagonist selected from the group consisting of a SSRI and a SNRI.

18. The pharmaceutical composition of claim 17, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is sertraline.

19. The pharmaceutical composition of claim 17, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is venlafaxine.

20. The pharmaceutical composition of claim 17, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is citalopram.

21. The pharmaceutical composition of claim 17, wherein delivery of the M_1R-selective antagonist and the antidepressant other than a M_1R-selective antagonist is sustained release.

22. A kit comprising a combination of therapeutically effective amounts of an M_1R-selective antagonist and an antidepressant other than a M_1R-selective antagonist.

23. The kit of claim 22, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is sertraline.

24. The kit of claim 22, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is venlafaxine.

25. The kit of claim 22, wherein the M_1R-selective antagonist is telenzepine and the antidepressant other than a M_1R-selective antagonist is citalopram.