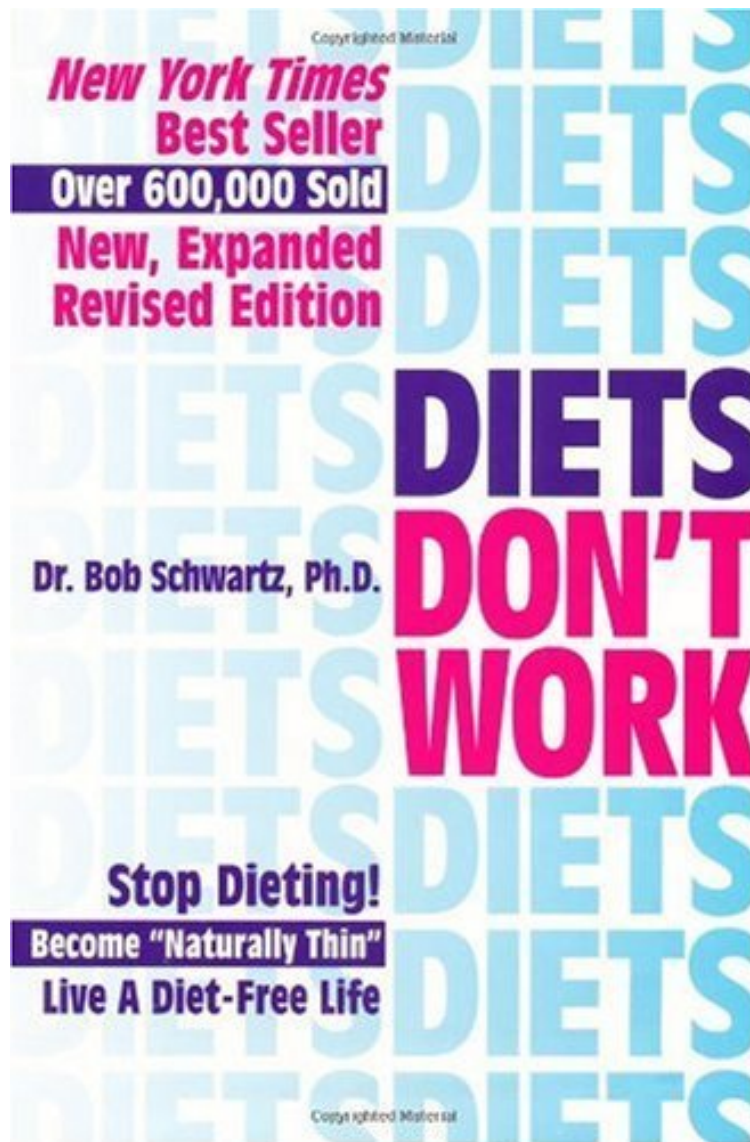


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Diets Don't Work: Now You Can Become "Naturally Thin"; Step-By-Step When All Else Fails

Bob Schwartz

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2 of 2 people found the following review helpful. Required reading for dieter drop-outs By Pamela Hengst As a lifelong dieter drop-out I could not resist buying this book! Written by a dieter drop-out this book had me laughing out loud,

examining my life as a dieter, and starting down the road as a thin person. I am 61 years old and have dieted off and on since I was 12. Unsuccessfully. I found it imperative to work through the many questions the book offers in workbook form. I took my time and actually wrote my answers on my computer. I took the writer's challenge and lived one day as a naturally thin person--and what a revelation! By not concentrating on calories, carbs, fat grams, protein I found that food was simply fuel I needed to go through life. That is all it is and my body lets me know what I need if i just pay attention! I feel free and for the first time I do not live my days consumed by food and weight thoughts. I am losing weight without effort. I eat food I like ONLY. If you have lived on a diet roller coaster I urge you to read this book. Answer the questions. Be honest. I do not believe changes will take place without a hard look at what the writer asks.4 of 4 people found the following review helpful. Recommended to everyoneBy shadowmibI found this book years ago, after hearing a radio interview with the author. It's a really good book for people who tend to overeat without realizing why, and have found that the traditional "diet" approach of restriction, or eating whatever new fad that comes along doesn't work. Besides just eating improperly or overeating, this book is much more. It actually guides you into analyzing what things in your life or mental state cause you to overeat in the first place. I not only curbed a lot of my overeating with this book, but it also helped me deal with the underlying depression and sadness that was causing it in the first place.0 of 0 people found the following review helpful. An old book... And still TRUEBy AllieOKI read this book twenty-five years ago after losing weight on the Atkins diet- and gaining it back again, plus a little more. It hadn't been the first cycle of dieting, losing, and gaining back. Since reading the book all those years ago, I have kept my weight more or less normal for all the years since. When a few pounds would slip back on, I would reread the book... to be reminded to get back to thinking like a thin person, and the pounds would melt away . I have no doubt that if I had continued to go on whatever diet came along, I would be obese. I am not saying that it has been easy all the time. I love to cook and I love food, plus my particular trigger was worry and stress eating, and at times I still struggle with that. I bought the Kindle version because I had given my hard copy away and I still feel it us helpful to take a "refresher" read every now and then. You can lose weight on any diet if you get your head right, but if you learn to think like thin person, it is more likely to stay off... and there is so suffering involved.

A commonsense approach to permanent weight loss draws on the latest research to help readers discover why they have not lost weight and to introduce effective methods for losing weight without dieting. Original. IP.