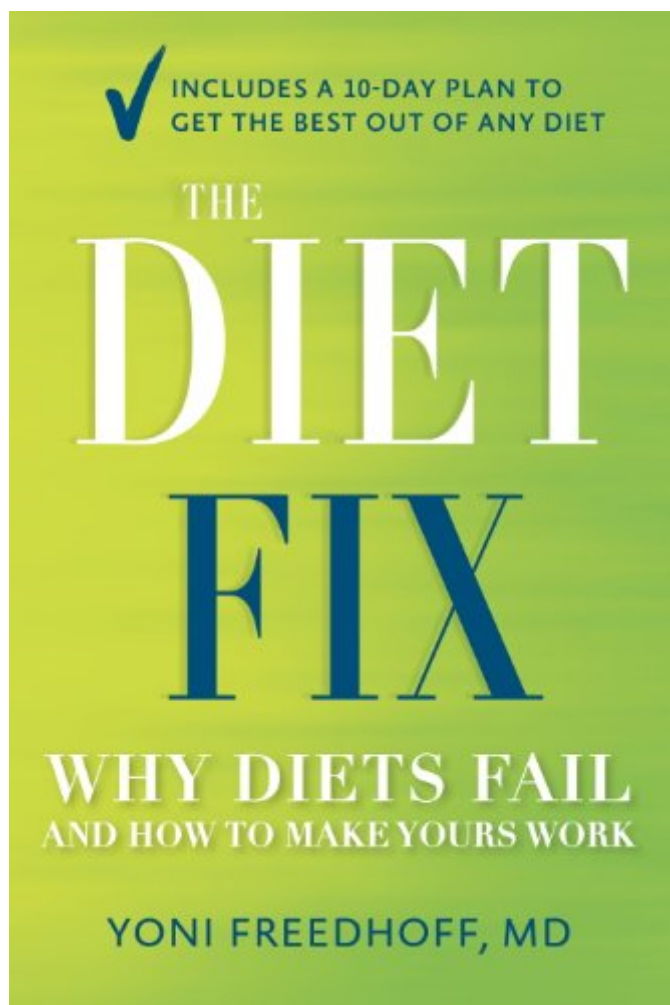


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The Diet Fix: Why Diets Fail And How To Make Yours Work



Synopsis

With *The Diet Fix*, weight loss expert Dr. Yoni Freedhoff offers a groundbreaking, useable guide to begin living happily while losing weight permanently. It is time to break the cycle of traumatic dieting. Despite the success stories publicized by Atkins, South Beach, Weight Watchers, and others, 90% of all diets end in failure. How can we fix the way we lose weight so that we make results last? Whether used on its own or in conjunction with any other diet, Dr. Freedhoff's program shows how to replace a toxic dieting mindset with positive beliefs and behaviors. Dr. Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts. The majority of dieting or weight loss programs call for regular sacrifice: Give up an entire food group; fight hunger day and night; undertake exhausting and grueling exercise regiments. These approaches are unrealistic, unhealthy, and make it nearly impossible to maintain results. Now, at last, there is hope. In *The Diet Fix*, Dr. Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off. Through the course of years of research and patient treatment, he has developed a 10-Day Reset that supports losing weight while maintaining a healthy, enjoyable lifestyle. This reset is designed to eliminate the habits that so often lead to weight gain: use it to shut down cravings, prevent indulgences from turning into binges, and break up with the scale once and for all. The 10-Day Reset can make any diet more effective, whether it's low-carb, low-fat, meal replacement, calorie tracking, or anything in between. From the Hardcover edition.

Book Information

File Size: 3046 KB

Print Length: 354 pages

Publisher: Harmony; 1 edition (March 4, 2014)

Publication Date: March 4, 2014

Language: English

ASIN: B00C8S9VYI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #16,386 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle

Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy #39 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition #87 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets

Customer Reviews

This is perhaps the best book about dieting that I have ever read. Period. To start with, it isn't a diet book. Most of those are, essentially, gimmicks. Don't eat after 8pm. No carbs! No grains! No fat! No fruit! Only fruit! No foods with the letter E! Subway three meals a day! Cabbage soup before every meal! All of those, each and every one of them, is a way to trick you into, in fact, reducing calories. Period. This is no magic there. Which is why these books sell and work, at least for a short time. So. No two-week-diet-plan at the end of the book. Oh there are some recipes, but they feel there just because, there is no OMG, these are the very best recipes that will help you... What Dr Freedhoff did, in this book, is identify problems, and give solutions, and helps everyone find their own path as a dieter. There is SO much in this book, and I'm going to only highlight the two things that I found the most helpful. Dr Freedhoff is aware that some of us are what he calls survivors of "traumatic dieting". We're the ones who've tried and failed, tried to be perfect, and failed, whose self-esteem, if it were a geologic era, would be somewhere around the Cretaceous. His "solution"? A 10 day reset of expectations at the start of a diet. Oh, for most of us, it would take more than 10 days, which is probably the only gimmick in the book. To do this right will take longer, because it is not just the planning of meals and trips to the supermarket, but the emotional breaking down of years of a crappy relationship with food, our bodies, and dieting. The tools are there. This "10" days reset, btw, will work no matter what brand of weird diet you want to choose for weight loss, from Weight Watchers to South Beach.

It can be hard to write something that you know will be panned. My true love is science but I'm also interested in pseudo-science like Intelligent Design and in religion. I know that when I review a book like Bart Ehrman's How Jesus Became God that at least half the responses will be negative which drives down my rating. So be it. I wonder if Freedhoff felt something similar when writing The Diet Fix. We know what healthy nutrition looks like and Freedhoff has done an excellent job in one more time describing it. There is nothing truly novel in the book and that is a problem for many people. There are, what?, fifty feet of shelf space at Barnes and Noble given over to books about nutrition? How do you market a book, however excellent, that doesn't offer magic pills, esoteric solutions, and pure goofiness? What Freedhoff does very well is outline what good nutrition

and good health look like. What he offers in the book is another method â “ the Ten Day Reset â “ to get you on track and keep you there. Lest you wonder if anyone needs another book about real health then consider the current state of fitness and disease in America. If any of those books lining that fifty feet lead to any success other than increasing the bank accounts of their writers and publishers we certainly donâ™t see it in the waistlines or blood work of most people. The Ten Day Reset is not a diet but a first step in a life style change. This isnâ™t a thirty day plan. The author recognizes the interplay of all areas of life and touches on exercise, cooking, life style, and your sense of well being. He acknowledges that a small subset of the population has food allergies and sensitivities but argues that past and current food fads are, well, fads.

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