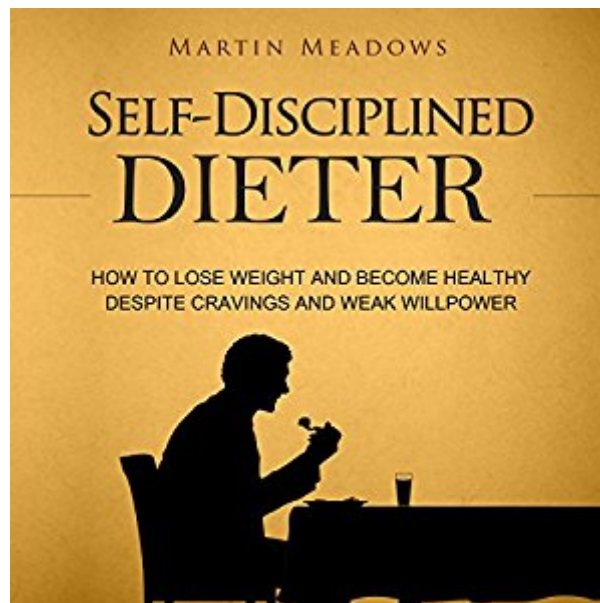




The book was found

Self-Disciplined Dieter: How To Lose Weight And Become Healthy Despite Cravings And Weak Willpower



Synopsis

How often have you tried to lose weight or start eating healthier simply to get frustrated and revert back to your old bad habits? Is this your first time to try, and friends and family are telling you how difficult it is? What if I told you there are things that can make it easier than you think? Learn how to get permanent results while eating what's good for you and feeling more satisfied without totally giving up the foods you love. In this book you'll learn: How to overcome (or completely remove!) the most common obstacles that can make or break your diet (like being hungry while you're on a diet) What daily habits contribute to setbacks and how to replace them with better alternatives to design a healthy lifestyle (just one bad habit can add more than 500 calories a day to your diet) How to deal with cravings and temptations (including a morbid but extremely effective mind trick) How to like healthy foods as much as, if not more than, unhealthy foods (it's all about making small changes) How to increase satiety to stick to your diet (the right foods can be up to seven times more satiating) And how eating healthy can be actually cheaper than eating off a fast food dollar menu (it can be a money-saving technique, too) In this book you won't find the gimmicky "well, duh" tricks so many dieting fads say are the secret to weight-loss. In fact they aren't tricks at all. The tips in this book are scientifically proven (and supported) strategies and tools to lessen the burden on willpower and help you finally reach your weight loss goals. You want to change your life for the better. Together we can help you shed those extra pounds - and keep them off - while shifting your view away from short-term frustrations to long-term results and lifelong health.

Book Information

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Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

well written centered book. this very clear book is not really about a certain type of a diet but on the whole process of becoming a better man. through dieting, we are presented with physical and mental improvement and in so gradually becoming a better and healthier person. the book is easy to read clear-cut without any mystical mambo Jambo, it does not give discounts were hard work is required but if you simply follow its very simple and good rolls you are surely on the right track.

Short and to the point. It wasn't life changing advice or anything, but could be for some.

Absolutely no scientific support or new information. Strange stream-of-consciousness blather ..all author opinion.

THIS BOOK PROVIDES VERY USEFUL INFORMATION FOR ANYONE WHO IS DIETING OR WANTS TO IMPROVE THEIR HEALTH. In each chapter you will find information that will be extremely helpful to you. Chapter 2 on how to deal with cravings will be extremely helpful to folks who struggle with this each day and are unaware there are ways to get a handle on this issue. For example, how powerful THE POWER OF WAITING can be. Martin tells you exactly how to use the power of waiting to solve this problem, but he gives you so many other ways in this chapter to help you solve this issue of CRAVINGS. I felt chapter 3 HOW TO PART WAYS WITH UNHEALTHY FOOD was extremely helpful because so much of the time folks just don't know how TO MAKE HEALTHY FOOD TASTE GOOD ENOUGH TO SATISFY THEM. In this chapter healthy and tasty alternatives will helpful to you and improving the taste of healthier foods will be helpful also. This chapter will get you interested in COOKING HEALTHY FOODS. Bargain on your taste buds changing for the better after a bit. Chapter 4 on improving SATIETY is very much needed. You need to learn about those foods that will keep you feeling full and for longer periods of time. READ THIS CHAPTER TWICE. THIS BOOK WILL BE MOST HELPFUL AND INFORMATIVE. As always Martin explains everything very well and does good research. It would be worth your time and money to buy this book.

This book gave very straight-forward tips and advice. Matthew Meadows has so much insight on the motivating factors behind dieting and why so many people attempt to diet and fail. He provides logical arguments on why discipline is really the key to success in not just weight management but anything else a person wants to achieve in their lifetime. I apply his tips in my own life and have

found them very useful and effective. The thing to remember is that discipline is a skill that needs to be practiced and in doing so, I would also like to recommend his other books such as Daily Self-Discipline.

I discovered Martin searching Kindle books about self discipline because I needed some ideas for a Massage Therapy class. I think How to build your Self Discipline one of the best books I read in a long time. The practical advices are very good. Now with Self Discipline Dieter he is providing good advice about everyone's health foundation : the way of eating. Useful and straight to the point, this is gem among books. Usually medical books are unnecessary bulk and redundant. This is different and very well written. I recommend this book to everyone including my friends and students.

This was not at all what I expected with a \$15 price tag! This is a self-published book. It was like reading a bad high school term paper, complete with huge font, double spacing and extra wide margins to pad the number of pages. The advice is what we've all heard before...eat more fiber, eat more protein, eat foods with more volume (i.e. lots of lettuce), look for the root cause of emotional eating, etc., etc.. You can find the same and probably better information just by a google search on weight loss.

The book serves as a great outline for important principles for dieting. Dieting shouldn't be seen as a one-off thing, but as a life long commitment to a healthier body. The book shows concepts, both old and new, but Meadows' strength is the ability to take all these ideas and build them into a coherent system, while sharing his own ideas and experiences. The advice he gives is very practical, and gives alternatives to every action step he advises. The book comes out at a perfect time, since the new year is coming out. It is the perfect time to implement the lessons written here.

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Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism
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