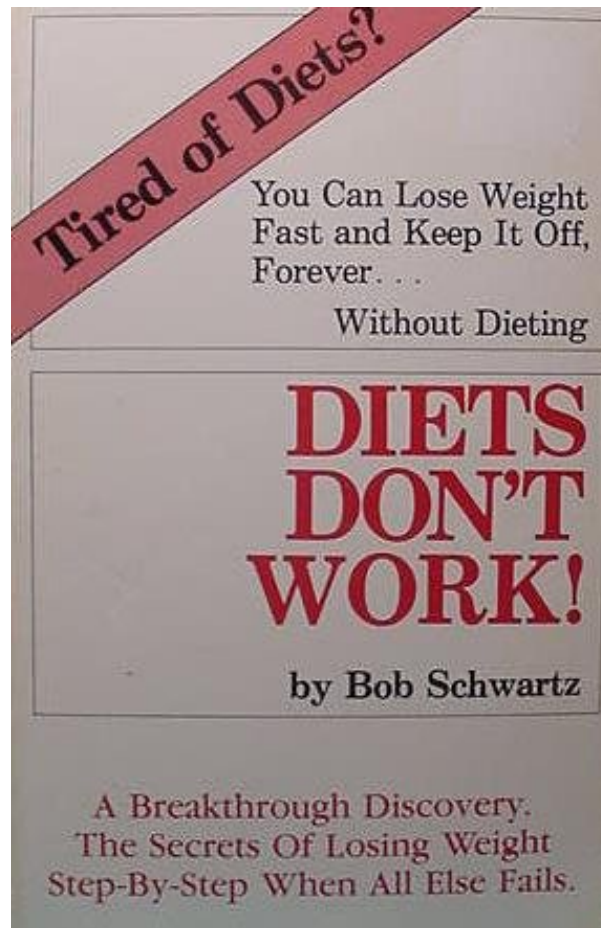
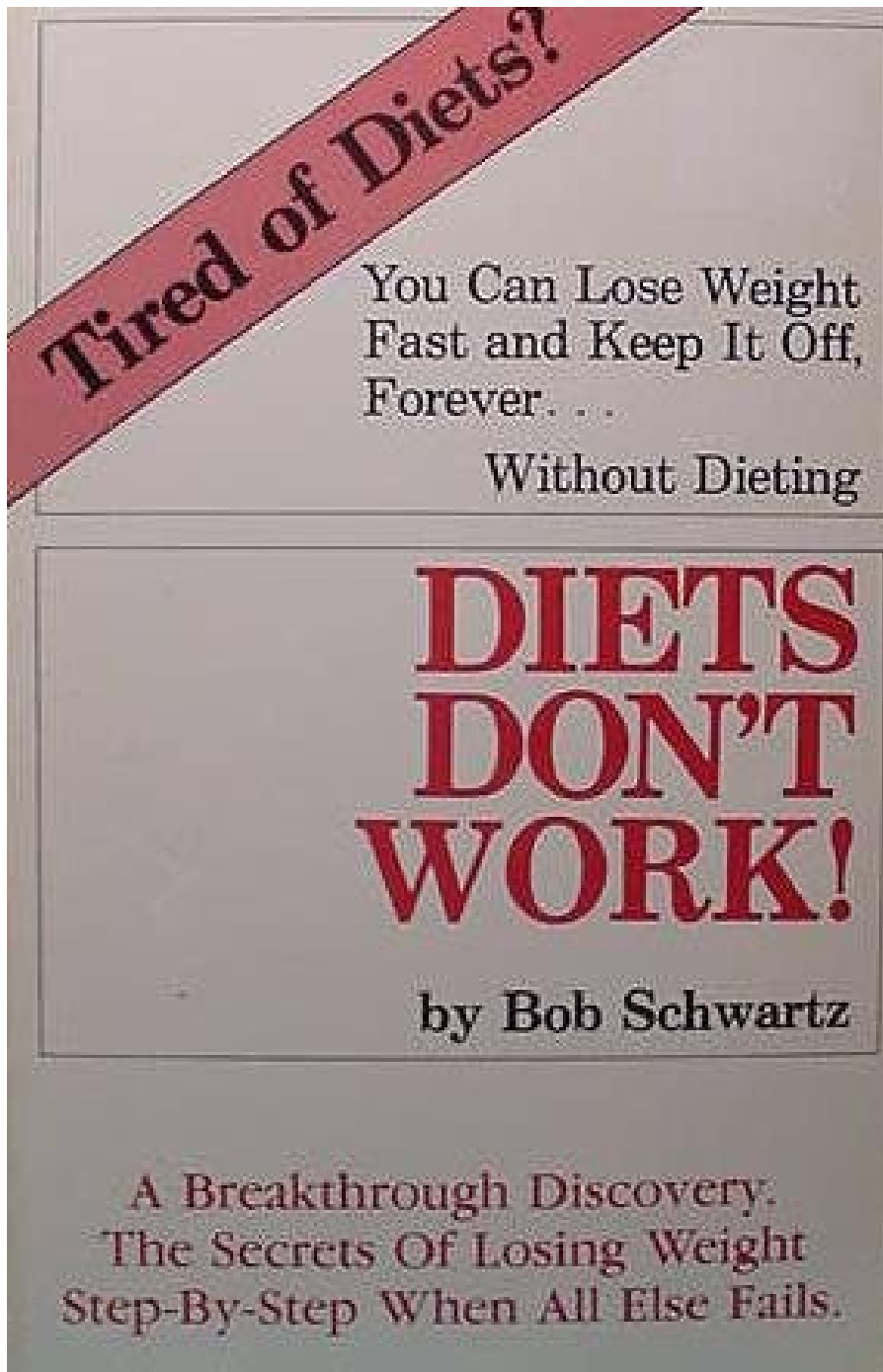


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A commonsense approach to permanent weight loss draws on the latest research to help readers discover why they have not lost weight and to introduce effective methods for losing weight without dieting. Original. IP.

- Sales Rank: #588413 in Books
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- Number of items: 1
- Dimensions: 8.49" h x 5.48" w x .60" l,
- Binding: Paperback
- 203 pages

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73 of 74 people found the following review helpful.

Lost 25 pounds in 15 years

By India Starker

This book changed my life. I dieted (aspiring dancer and all that) from age 12 to age 28, when I stumbled upon this book. From age 12 to 28 I gained 30 pounds (105 to 135). After reading the first few pages of the book when I was 28 (1988) I had a revelation. And I stopped dieting. I am now 43. I weigh 110. It is hard to learn to accept yourself and refocus your life. You must drop the priority "if only I was thin." It's not that important. When I read the book I could not believe the part about the woman only eating part of a chocolate mousse. Believe me its true. Dieting damages your natural system of satiety. It takes about ten years to heal. When you are healed (and you will be if you stop dieting) you do not know if there is chocolate in the house. You can eat it. Or not. You can even eat a lot of it. I'll eat a big bar when I want. When you are healed and your satiety is fixed there will be times when you just don't want any. I've had chocolate go grey because it was forgotten. You owe it to yourself to heal. Life is much better. The important rule I retained is \*only eat delicious food\*. Now can't you live with that?

Remember: The 1200 to 1800 calorie diets that women go on correspond to the figures of starvation published by the World Health Association. Symptoms are: inability to concentrate and a general slowing down of the body (to save energy). And we expect starving people in the west to be productive?! Dieting is a barbarous practise similar to bloodletting for fever.

Stop dieting. Join the world. The ten years you need to heal will pass anyway.

40 of 43 people found the following review helpful.

You can live a diet free life!

By Lee Mellott

If you are ready to free yourself from the enslavement of calorie or fat counting or excessive exercise - this is the book for you!  
"Diets Don't Work" explains in simple language why diets fail to help people achieve their weight loss goals. It includes written exercises to help you crystalize your desires and reasons you

are overweight. By helping you delve into your inner self and by teaching you the skills that naturally thin people naturally do, this book can put you on the road to losing your excess weight and keeping it off without dieting! The book covers topics such as how naturally people stay thin, four things overweight people never do when they eat, the main reason why you eat too much, the diet mentality and more! This book is in its 14th printing and is the revised updated version of the original "Diets Don't Work" book. It was printed in 1996. Another book by the author "Diets Still Don't Work" was published in 1990 after the release of the original "Diets Don't Work" book. The books cover essentially the same information with only a few variations, so you really need purchase only one or the other. I recommend this book if you are tired of the diet roller coaster and want to live a naturally thin diet free life!

35 of 37 people found the following review helpful.

Free At Last Free At Last, Thank God...

By Melissa Joy Goldstein

I started my first diet when I was just old enough to say diet. I continued riding the diet roller coaster for the next 25 years of my frustrated life. My frustration and all my life's woes can easily be traced back to my issues with my weight. Everything became about weight, diets and eating. I could tell anyone the calorie content of anything. I thought that was a gift. It really was a curse. I know this now. I saw diets don't work in the book store years ago and thought YES that is SO ... TRUE!!! I believed in the philosophy of the anti diet for a very short time but did not, could not, and would not allow myself to trust myself, so at first it did not work for me. Now, about 4 years later I picked up this book again, and decided to read it over one more time. One thing I knew for certain was that diets had failed me again and again and again making my life totally miserable. I felt if I could just succeed in making myself thin then I could master anything, but I could not lick this problem. It lingered on and on. I also knew that I noticed thin people everywhere eating pizza, ice cream and cookies all around me, whereas my chubby compatriots were suffering silently with their rice cakes. I thought something's rotten in Denmark. How is it possible that thin people seemingly eat whatever they want and don't gain weight? Then it finally clicked once and for all. DIETS DONT WORK!!! Tell your friends. Tell the world. Diets cause overeating, obesity, depression, self hatred, failure, food obsession.....This book and others like it that I have read have literally saved me. I have only been following this for 1 week. It's true. It may sound nuts that I am so convinced after a week, but I am sold. In just a few days I have not deprived myself of anything, and remarkably the things I thought I wanted so much like "a whole cake" or an entire pizza were not actually things I wanted. I found myself reaching for a banana! A Banana! Can you believe? I had thought vegetables and fruit were some kind of punishment, but when you're not eating them to diet or lose weight you find yourself actually wanting to have them. It is so unbelievable. One week and I am completely sold. Thank you Bob Schwartz. YOU are a life saver. Now when I hear people talking about Atkins, the Zone, Weight Watchers,.....I just laugh. I don't bother telling them what I have learned, because I think it takes a lifetime of dieting before you can possibly give up on diets all together. They'd just never believe me is all. I am so glad to have my life and sanity back.

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