



# The Anti-Diet Approach to Weight Loss and Weight Control

*Scott Abel*

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## **The Anti-Diet Approach to Weight Loss and Weight Control** Scott Abel

Low carb diets... fat loss diets... Paleo diets... low calorie diets... and on and on, seemingly forever.

**Diets.**

**Don't.**

**Work.**

What's wrong with the standard, traditional approach to weight loss, dieting and nutrition? We know that the definition of insanity is to repeat the same thing over and over again, expecting a different result... yet everyone forgets this when it comes to fitness, dieting, and nutrition "programs." People get caught going from one diet to the next, but never finding a sustainable way to live healthy and lose weight. Going from weight loss diet or fat loss diet to the next will give you a slower metabolism over the long term, making each weight loss attempt harder than the last!

The multi-billion dollar fitness and diet-industry is built on repeated failure. There is more information about weight loss diets, nutrition, and fitness than there has ever been. People who struggle with diets and their own weight often know more than average, but what if everything you "know" about fitness and dieting was precisely what was holding you back?

Have you ever felt imprisoned in a cycle of failure or yoyo dieting?

- This book is a must read for anyone who knows a ton about dieting and fitness, and yet still struggles with weight and food.
- If you have had trouble sticking to diets for the long-term, you want to read this book.
- If you are sick of investing so much time, energy and money into dieting, only to find yourself with the same frustrating results, then read this book.

Understand why all diets are destined to fail, and what the alternative is. Learn how to rid yourself of your the diet-mentality, in whatever form it takes. Work on creating a sustainable diet that lasts forever, and that gives you a faster metabolism over time, not a slower one.

Note that this is not a book filled with diet recipes and fat loss workouts. Buying more books like that, for many people, would be a symptom of the very problem The Anti Diet Approach is about. You see, if you're stuck in a certain cycle of failure, and stuck within a certain mentality, then even when you have the "right" information, you'll still find yourself stuck.

That's why this book is about breaking away from what's holding you back. It's about freeing yourself.

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### **From reader reviews:**

#### **Rebecca Morales:**

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the reserve untitled The Anti-Diet Approach to Weight Loss and Weight Control can be very good book to read. May be it might be best activity to you.

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