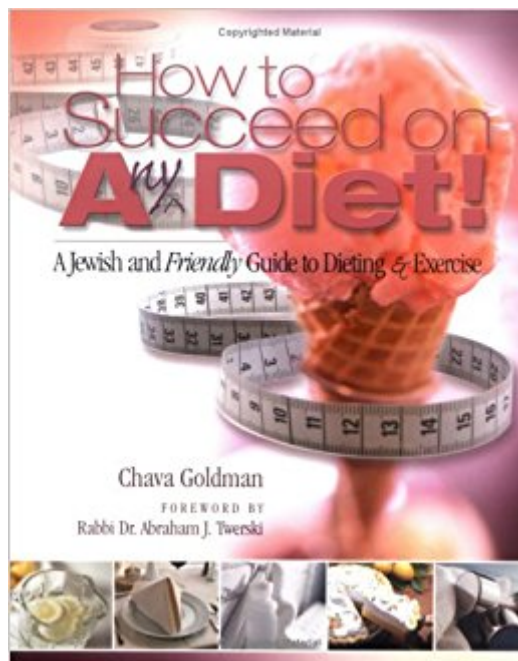




The book was found

How To Succeed On Any Diet: A Jewish And Friendly Guide To Dieting & Exercise



Synopsis

This is the first diet and exercise guide tailor made for the Jewish Woman! In a friendly, clear, and motivating style this book will show you how to analyze your own lifestyle and personal tastes so that you can choose the diet most suitable for you!! It compares and contrasts many of the major diets of the Western world to help you make informed decisions. This book provides you with hundreds of practical, well-tested tips to avoid the potential stumbling blocks of dieting. It can guide you through the dieting maze of Shabbat, Jewish Festivals, Bar Mitzvahs, weddings, vacationing and eating out. You will be helped to reach your goal weight sooner than you ever thought possible!!! So, if you want to lose weight, get into shape, catch the bus without running out of breath, or just learn how to eat and live a healthier lifestyle, then this book is for you!!

Book Information

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Customer Reviews

If you really want to keep your weight down long term, read this book and follow the recommendations faithfully. --Rabbi Dr. Abraham J. Twerski
We loved it!! Just what such a book should be: well written, inspiring, humorous, and full of information and encouragement. --Sarah Fiengold

Chava Goldman holds a BA in Business Administration and is a qualified Weight Management Consultant. She has run her own Diet and Exercise Consultancy for nearly a decade and has designed and currently supervises a Weight Management Group. Over the years, Chava has

helped many women reach and maintain their dieting goals. She also advises fellow diet consultants from around the world.

Sometimes the humor is a bit overdone, but overall a star book. Friendly, non- aggressive approach and as promised, does take into account the problems around Jewish festival days plus Shabbat , etc. Another strong point is the overview of many (partly fad) diets , plus the great overview of sorts of exercise. Still, f.i. another "diet" or lifestyle (Fuhrman way , LOADS of veggies, less meat, etc) , which is easy to try and weave into a family's way of eating would have been nice . But to each his own and I am quite happy this book does exist and I grab it on a regular basis , just to have a laugh on exercise and diets. I would have liked some more - creative- suggestions on what to serve at one's own Shabbat table to avoid the traps at least at home (one does not want to overfeed the kids and DH with fat and sugar now, does one ?) . Maybe a thought for another great book ? Lifestyle- Jewish- Shabbat and festivals- cooking and baking sensibly and naturally, NO synthetic stuff -diet- exercise ?

This is the BEST diet information book you will ever need to read. Yes, it is that good and worthy to read as I personally gleaned a lot from reading it myself. Thank you

GREAT BOOK! REALLY HELPS YOU STICK ON A WEIGHT LOSS PLAN

You don't have to be Jewish to love this book! It's so much fun to read. I've never had a weight problem. I purchased the book for a friend and started reading it on the subway home. Now I'm totally hooked on Chava's wit and good humor.

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