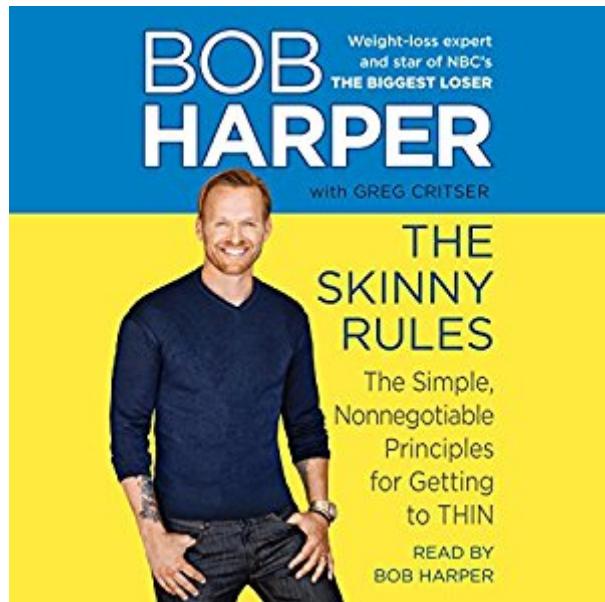


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# The Skinny Rules: The Simple, Nonnegotiable Principles For Getting To Thin



## Synopsis

With so much conflicting weight-loss advice out there to confuse your efforts, it's no wonder you haven't been successful losing weight and keeping it off. But with Bob Harper, superstar trainer and co-host of NBC's hit show *The Biggest Loser* as your personal authority and coach, you can and will finally shed the pounds--whether you want to lose two or two hundred! Distilling Bob's vast knowledge of nutrition, weight-loss strategy, and human nature down to 20 simple, nonnegotiable principles, *The Skinny Rules* will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob's methods couldn't be more straightforward. A virtual GPS to your weight-loss goals, *The Skinny Rules* takes the mystery out of the process, offering the fastest route to your skinny destination.

## Book Information

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## Customer Reviews

I read that being overweight is the greatest mortality factor--more than smoking, drinking excessively and not enough exercise. I went to a nutritionist some years ago to learn about eating healthy foods--and that was a worthwhile investment. She taught how to eat healthy foods that have a low glycemic index: foods that don't elevate your blood sugar. These skinny rules are similar to what she taught--eat primarily vegetables, low-fat protein 5x a day to deter hunger (protein carries the fat out of your body she said), and one serving of whole grains, lowfat dairy and fruit a day. Using that diet I reversed diabetes and dropped 30 pounds in the past 3 years. However, it's helpful to have continual reminders to focus on healthy eating. Felt I wanted a tune-up on healthy eating as I need to lose another 20-30 pounds as I'd put 10 back on, so bought this book to see what rules

the author emphasizes. What should the focus be if you want to focus on only 20 primary rules? Here's the gist of what the book emphasizes regarding skinny rules in brief--recommend you buy the book for the explanations as to why these rules are the top 20 and how to apply them. The rationale and background information is instructive and motivating:1. Drink large glass of water (16 oz.) before every meal and snacks--5 a day2. Don't drink your calories--stay away from fruit juices and sodas that are high in sugar. 2 cups coffee okay3. Eat lowfat protein at every meal--protein doesn't have to be animal based. Protein minimizes hunger4. Slash intake of refined flour/grains--try brown rice, quinoa, barley, farro5. Eat 30-50 grams of fiber--he lists fiber-rich foods: 1/2C sliced strawberries-9g;1C zucchini-8g;1C spinach-7g6. Eat apples and berries each day7.

My wife saw Bob Harper on morning television around the book launch and said she was ready to try it. She's lived the high carb, low protein, and low fat lifestyle and never struggled with her weight. But as we've gotten older, managing weight has gotten a little harder for her too, and she would like to drop a size or two. As an avid biggest loser fan (in the early seasons), I thought Bob would have a good plan for eating. Based on the few snippets my wife told me, I thought this might be a plan we could both use. It would increase my wife's protein (which I've always thought was not enough). So we decided to buy the book and give it a try. I have struggled with my weight most of my adult life. Been 30-50 lbs overweight for most of it. I have been following a low carb Atkins-inspired diet for about 6 months. Not "no carbs", but carbs limited to veggies, nuts, low carb wraps, and recently select fruits. No bread or white potato. Almost no sugar or HFCS. Lots of protein and not worried about fat. I've lost 25 lbs, and 6 inches from my waist. I've been exercising and getting closer to my goals. But the hard part about Atkins is adding back more carbs. Its the point in the diet that people struggle the most, and the reason many regain the lost weight IMO. I have been trying to alter my diet into something "healthy" for the longer term, but with so many changes as to what healthy eating even means, I needed an expert to instruct me. With high hopes I bought the book. There are lots of positives but a few negatives too. I feel I am pretty objective, but you'll have to be the judge for yourself. Here are my comments on the book and diet:1 - This is very well researched book. Lots of good information.

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