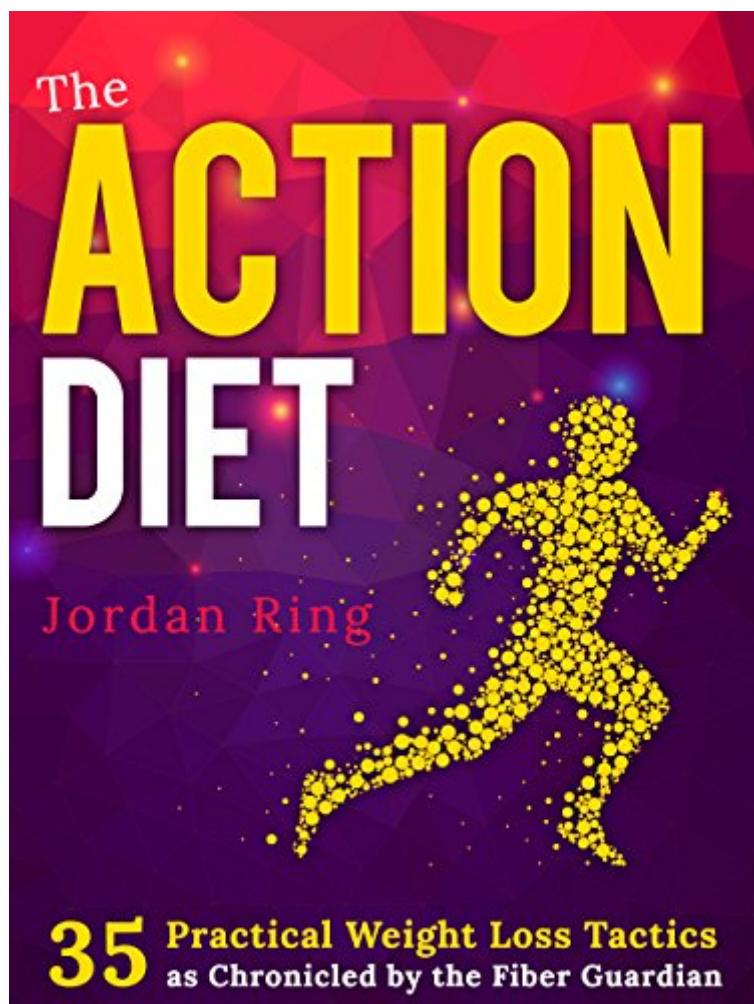


The book was found

The Action Diet: 35 Practical Weight Loss Tactics As Chronicled By The Fiber Guardian



Synopsis

Are you unhappy with what you see in the mirror? Do you want to get in better shape? Are you looking for healthy ways to keep off those extra pounds? Well, then this book is for you! By following the advice within The Action Diet, you will learn practical tips and advice for incorporating healthy habits into your daily life. Weight loss is about taking action and taking control, and this book will help you do exactly that. The Action Diet is a lifestyle guide full of weight loss tips and an easy-to-follow success story. Taking action is one of the most important steps to weight loss. It's one thing to read about the success stories of others, but it takes action to see results. Each of the 35 weight loss tactics found within this book is accompanied by the author's own experience, the benefits of the tactic, and a practical how-to. What can you expect to find within the pages of "The Action Diet"? The author's personal experience with weight loss, weight loss tactics in relation to food, exercise tactics, ways to reduce stress, practical tips to help you with your own weight loss journey, as well as a scoreboard to help you track your progress. If you're ready to take ACTION, and really OWN your weight loss journey, this is the book for you. This book, in its simple and practical approach to weight loss, will deliver the personable and relatable guide you've been looking for. Ready to take action? Purchase this book, and start your journey.

Book Information

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Customer Reviews

Health coach/author/nutritionist Jordan Ring is the owner and creator of Fiberguardian.com. He is obsessed with the high fiber diet and is currently in the best shape of his life. He believes in taking action and taking accountability for his own choices, and has made it a life goal to share his ideas with the world. Thus we have his book *The Action Diet: 35 Practical Weight Loss Tactics* as Chronicled by the Fiber Guardian. In a near cheerleader style of writing Jordan relates his own weight struggle, how he overcame it, and now offers this no-nonsense book that will serve the reader committed to life changes to shed blubber, learn about nutrition in more ways than imaginable, and in the end shakes a big stick in his magisterial manner of teaching us to take responsibility and make the changes he recommends that have worked for him. From his book we learn the following: The first section of the book will give you an introduction to who the Fiber Guardian is and how he came to be. It will also discuss the first tactic, which is all about focus. I hope you'll be intrigued enough to stick around for the rest of the ride. Section two covers food-related weight loss tactics, the most important of which is upping your water intake. Beyond the basic need of water, we all must eat in order to keep on living. Choosing what types of food to put into your body is very important. The choices we make about when to eat or how much to eat directly impact our waistlines and ultimately our lifespan. This section discusses a multitude of tactics that you can use to eat better, such as eating high fiber foods, waiting before filling up your plate again, or trying new foods to keep things interesting.

I enjoyed reading this short book very much. It's exactly the kind of self-published book I treasure: based on personal experience, relatable, practical and full of common sense. As usual, I will start with the shortcomings, as I see them. All two of them. First, I found the list of weight loss tactics tiresome, especially the long list of benefits attached to each of them. I think my problem was that I knew most of them. I also felt they could have been better ordered; sometimes some minor points were right in the middle of something really impactful. However, the author was quick to advise not attempting to implement all, or even most of the points. I recommend you read the book till Tactic #5, then read introductions to each of the further section, and study the Table of Contents. Pick one tactic only—perhaps two—from the further sections and try to apply them. Finish with Section 5 which summarizes the book and is definitely worth reading. By the way,

â œThe Action Dietâ • can serve you as a guidebook in your weight loss. Once you successfully implement one tactic, go back to the book and find another tactic you can implement in your life.Habits scienceSecondly, the book is a little shallow on the subject of habit formation. Jordan advises having funâ "as a way of avoiding boredomâ "as a remedy for inconsistency. While itâ ™s not the worst advice Iâ ™ve ever had, itâ ™s not also the best.In todayâ ™s â ^ instant gratificationâ ™ world, I can easily imagine the allure of one â œinterestingâ • weight loss activity after another. Isnâ ™t this the reason why people chase new diets all the time instead of focusing on something that really works for them over a long period of time?

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