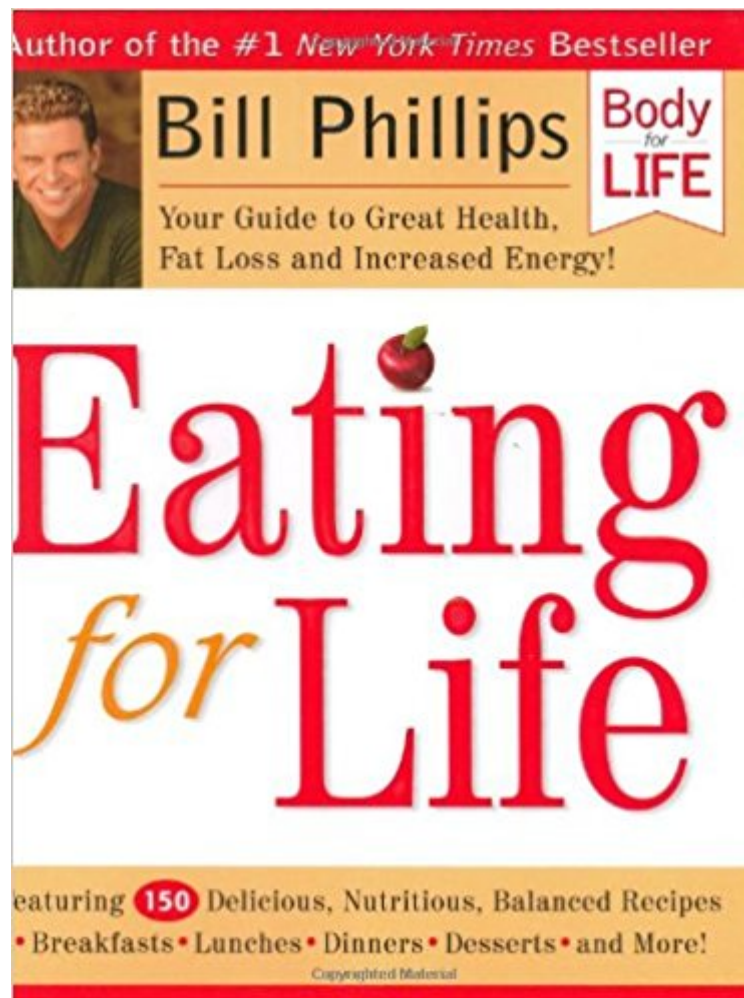




The book was found

Eating For Life: Your Guide To Great Health, Fat Loss And Increased Energy



Synopsis

Did you truly enjoy the food you ate today? Do you really like the way you look and feel? Are you consistently enjoying great health and high energy? Bill Phillips, author of the #1 New York Times bestseller *Body-for-LIFE*, believes your answer to all of the above questions should be, "Yes!" He feels that food should be a source of pure pleasure. A source of positive, abundant energy! A "sure thing" in a world of much uncertainty. Phillips, who's widely regarded as today's most successful fitness author, has firm beliefs which go against the grain of today's popular weight-loss methods. "Diets, all of them, are potentially dangerous, most always dumb and ultimately a dead-end street!" he insists. "Eventually, anyone and everyone who's at all concerned with their health must learn how to feed their body, not how to starve it." Instead, Phillips encourages a safe and sound solution which includes eating balanced, nutrient-rich meals, frequently throughout the day. "This is what works in the long run," he explains. Rich with common sense and science, *Eating for Life* has rhyme and reason. It is specific. There are very clear dos and don'ts which help people enjoy food and improve their overall fitness. Bill's approach, which he calls the "Eating for Lifestyle," has already helped thousands of people break free from the dieting dilemma and discover that, contrary to pop-culture belief, food is friend, not foe. Used intelligently, it nourishes the body and mind, satisfies the appetite, calms cravings, renews health and lifts energy. Like Bill Phillips' *Body-for-LIFE*, this is a tell-it-like-it-is book. There's no promise of a quick fix. No metabolic tricks or so-called miracles. Just straightforward, clear, concise, practical and appropriate principles for eating right... for life.

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Customer Reviews

Bill Phillips, 38, has helped hundreds of thousands of people, from all walks of life, build leaner, stronger bodies and enjoy healthier, happier lives. His Program for renewing physical and mental strength is shared in the #1 New York Times bestselling book Body-for-LIFE. With more than four million copies sold and over four years on the bestseller list, Body-for-LIFE has become the most popular and successful book of its kind. Phillips has received many honors for his work including the Make-A-Wish Foundation's highest award. He was also honored by Paul Newman and the late John F. Kennedy, Jr., as one of America's most generous business leaders. The United States Junior Chamber of Commerce honored Phillips in January 2000 as one of Ten Outstanding Young Americans. Bill was also chosen to help carry the Olympic torch on its relay across America for the 2002 Winter Olympics in Salt Lake City. And now, Bill Phillips has created Eating for Life to help inspire and guide even more people to improve their health and lift their quality of life to new heights.

Recipes are good and tasty. After a month there's only one or two I didn't like that much. You have to hunt for items at grocery store if you are not familiar with low fat low sugar products. Butter buds are found in seasoning section with grinders of spices. Book was written some time ago, so some products have changed slightly. You just make changes from recipe. I can't eat green and red peppers, so always substitute onion. Have lost about 7 pounds in a month, and not really serious about the weight-lifting exercise part yet. Have learned that any part of the exercises really help the weight loss.

If you're on Body for Life, you have to get this book. Having something to flip through that shows options that are different but easy to put together is a great help on this diet. You could probably figure these recipes out on your own, but the work is done for you and laid out in a way that adds simplicity to your planning. The recipes are tasty and simple.

I love this book. I cook recipes out of it all the time. It has also taught me how to make healthier substitutes when making other recipes. There are so many recipes to choose from that are very simple to make. I really like that there are pictures of the ingredients with the recipes. I highly recommend this kitchen bible! :)

The book had some helpful information and recipes. The problem is mine...I think I've read too many books like it! And the book jacket arrived covered in some green substance that looked like

paint? Not a big issue...just surprising.

When my husband was diagnosed with a bad heart and diabetes I knew I had to make some drastic changes to our diet. I tried many cookbooks and recipes off the internet but couldn't find any meals we'd actually feel good about making as part of a routine, you know, the staples you make once a month of so. Well, this book changed that. We've been happily eating our way through and have made few modifications and "thumbs down". The ingredients are easily found and the meals not expensive to prepare. The nutritional information is NOT present in the recipes but there are apps out there for that. The recipes are "healthy eating", not "heart healthy" or "diabetic". I've found I've made a few modifications to some of the recipes in order to stay in guidelines; however, most are already there.

My husband and I were first introduced to Bill Phillips when we saw an infomercial for Body for Life several years ago. That was an excellent book, but we had a hard time following the eating plan because more room was devoted to the workout, and there weren't a lot of recipes. At the time my husband and I were both obese (I was morbidly obese) and we needed an eating plan foremost. Fast forward several years....my husband is a 5 year veteran of the Police Department at this point, and I've lost 160 from a gastric bypass. It's been 5 years since my bypass, and my weightloss has really stuck in the mud, especially after giving birth to two children in that time. My husband's weight also ballooned from his shift work and all the fast food consumed while driving around in a car 8 hours a day. When my husband stopped wearing his body armor because he couldn't fit in it, I put my foot down and said enough is enough! But, who do we turn to? I stumbled (literally!) on Eating for Life when I came to to research and search for dieting books and cookbooks. I ordered it without reading any reviews...without reading much about it at all because it seemed like the book we wish we had many years ago when we first tried to follow Body for Life. Since we purchased this book 5 months ago, my husband has dropped 45 pounds, and I have lost 23 pounds. I find the meal plan incredibly easy to follow. We're never hungry, and the cheat day (which is really just a cheat meal for us at this point) has allowed us to stick to the plan because 6 days goes by fast, and on the seventh day, we know we can be bad. One thing I will say...the recipes are excellent, and I've made almost all of them. I'm also a very fussy eater, and I haven't been disappointed at all! Some of the recipes were even a nice surprise because the picture didn't look all that great (sorry, Bill!) but the taste was fantastic! Even on our cheat days, we will often eat recipes from the book because we love them so much. Breakfast Burritos are a staple in our house

and a great, healthy alternative to the eggs and bacon and hash browns we used to eat! We make fajita's all the time now, and can't believe we're "dieting" when we eat them! And Bill is correct...his Mom makes delicious enchilada's...again, we can't believe we're losing weight eating some of this stuff...but we are! This book has also been helpful because, occasionally, I forget to make my husband's lunch, or I get too busy and he needs to buy dinner. Bill provided healthy alternatives for some well known fast food chains, and my husband has been able to stay on the program on those rare occasions, even while having to "eat out" with the guys. We have coupled this book with the Abs Diet workout CD, and we feel better than we have in years. We are losing weight at a slower pace than some fad diets, but I really believe that we're doing it healthy and for keeps. I can't say enough wonderful things about this book.

Bill Phillips program has been rated better than the AHA recommendations. Very few in the industry can be trusted, but he is one you can.

Great and easy to use recipes. I love the pictures too!

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