

Refrigerator Raid

Lose Weight ~ Get Fit ~ Live Healthy

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~My Story~

~My Personal Fitness Blog~

« Judging By Numbers | Main | Beginner Basics »

ii The Best Weight Loss Approach Is Personal

According to a recent [USA Today article](#), diets are not "one size fits all." The plan that works for your best friend or your neighbor may not be the right plan for your body type, personality or lifestyle. There are no absolutes in the world of diet and health.

The [USA Today article](#) mentions specific diet plans--such as South Beach and Weight Watchers--and describes some of their characteristics. However, it's not just your diet plan that needs to fit your life. Your *approach* to your weight loss program should also be based on your individual lifestyle and personality.

These two books can be used with *any* diet plan to help ensure your success. They're designed to supplement your program, or simply guide you toward making some healthier decisions.

Here are our reviews, and our assessment for the type of people who will most benefit from them:

Every Bite Is Divine by Annie B. Kay

This book recommends a balanced approach to eating and dieting. The author, Annie B. Kay, emphasizes self-awareness, a mind-body connection and self-discovery. Kay is a registered yoga instructor, so it's not surprising to find numerous references to yoga in her book. Indeed, she suggests that the practice of yoga will help us connect with our bodies, allowing us to identify true physical hunger, manage stress and develop awareness about our food.

Throughout the book are instructions for various yoga poses, as well as advice for other mind-body exercises such as journaling and meditation.

With regards to the actual "diet" part of the book, Kay mostly suggests an intuitive or conscious eating approach. She focuses on healthy foods (stressing the importance of plant foods) and encourages readers to eat consciously so overeating triggers are recognized and true physical hunger is fed.

Best for: "Feelers" who believe in the power of meditation--and a connection between the spirit, mind and body--will likely find this book beneficial. This may not be the best approach if you prefer a regimented plan based on numbers and statistics.

The Beck Diet Solution by Judith S. Beck

Based on the principles of cognitive therapy--a type of psychological therapy--this book recommends a fairly hardcore approach that can be used in conjunction with any diet.

The beginning of the book has the reader analyze hunger, as well as responses to cravings. According to the author, Judith S. Beck, our response to cravings--whether sabotaging or helpful--is part of what determines whether we give in to those cravings.

Although it may seem as if Beck is recommending that we use pure willpower to fight our urges to overeat, she actually wants us to change our responses to cravings (and, subsequently, our behavior). But her suggestions are not for the faint of heart. Self-control--such as throwing away food on your plate if you're satisfied, or developing a tolerance for hunger--is a key ingredient of Beck's solution.

Best for: "Thinkers" who enjoy exercising their willpower and following written guidelines may benefit from this book, which includes a day-by-day plan that lasts for 42 days.

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- [January 2007](#)
- [December 2006](#)
- [November 2006](#)
- [October 2006](#)
- [September 2006](#)
- [August 2006](#)
- [July 2006](#)
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