

Weight Loss Resources

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There are not a lot of resources that I have found useful to help quiet the voice inside that says, “eat more M&M’s.” I have spent the majority of my life morbidly obese. I have probably read and tried most of the diets out there. I know for sure they don’t work. Only 2% of people who diet keep the weight off for 2 or more years. It’s important to move out of “diet brain” and into living with enjoyment of food and nutrition.

This is the list of books and websites that I have found helpful. If you have a resource that you love, which does not just say “eat less, exercise more”, please let me know and I’ll add it here. Choose to eat consciously, put nothing on the “can’t have” list, and you will learn to connect your body and brain and truly listen to your body’s needs.

Books:

There are so many diet books out there that I wouldn’t even attempt to include them all. I have included several books that I have used in learning how to change my mind set about weight and eating. Remember any book that encourages a “diet brain” will not work long term.

The Four Day Win: End your Diet War and Achieve Thinner Peace

Martha Beck

The Joy Diet

Martha Beck

If I’m So Smart Why Cant I Lose Weight

Brooke Castillo

You Can Heal Your Life

Louise Haye

Women, Food, and God

Gween Roth



Younger Next Year

Chris Crowley and Henry S. Lodge

Thinner This Year

Chris Crowley and Jennifer Sacke

Course In Weight Loss

Marianne Williams

The Body Never Lies

Anne Miller

150 Pounds Gone Forever

Diane Carbonell

703: How I Lost More Than a Quarter Ton and Gained a Life

Nancy Makin

Websites:

<http://walking.about.com/cs/calories/1/blcalcalc.htm>

Helps you determine how many calories you really need to be consuming.

http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

Online BMI calculator

<http://www.halls.md/body-mass-index/bmi.htm>

Several different calculators to help you come to an idea of the weight you would like to be.

<http://www.calculator.net/body-fat-calculator.html>

One more good over all calculator

<http://www.psychologyofeating.com>

I met Marc David a few years ago at a conference. I love the way he looks at eating, no morality on the food.



Videos/Movies

I have included a few videos because they have made an impact on me or a client as to what I/they eat.

Fat, Sick and Nearly Dead

Starring Joe Cross

Super Size Me

Starring Morgan Spurlock

Food Inc

Starring Eric Schlosser

