



## Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time

*Lisa R. Young*

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We're surrounded by food portions we've been led to believe are normal—64-ounce sodas, personal pizzas large enough to feed several people, and steaks and pastas that fill an entire plate. No wonder obesity rates in America have reached an all-time high. We eat oversize portions, gain weight, and try the latest fad diet, which only adds to our confusion about how to lose weight.

Nutritionist and portion-size expert Dr. Lisa R. Young says the solution is simple: *Eat foods you love in reasonable portions, and you will lose your excess weight and keep it off for good.*

**Finally Full, Finally Slim** shows you how to permanently lose weight by right-sizing your portions without eliminating entire food groups or staring at an empty plate. Within these pages, Dr. Young outlines thirty days' worth of simple changes to help you shed pounds and provides a portion plan that ensures you will feel satisfied. She expertly describes the relevance of diet to health and steers you toward whole foods and away from clever marketing claims that may be secretly sabotaging your weight-loss efforts. You'll learn useful strategies for how to eat out, enjoy special occasions, and indulge in a favorite treat without tipping the scale. And because weight loss is about more than food, Dr. Young addresses the whole person—your mind-set, environment, habits, and life—through research-based advice. You'll learn how relationships, gratitude, self-compassion, and sleep patterns, for instance, can make a difference. Portion control outlives all fad diets because it isn't a diet. It's a lifestyle.

## Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time Details

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## **From Reader Review Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time for online ebook**

### **Robin says**

Usually once a year I read a health and fitness oriented book. In the past I've read them in January but this year it took until February to get to the book because I needed to reinforce some of the good habits I've developed this past year. There are no tricks. Portion control is the key, especially for those of us in our 50s and beyond.

Not long ago, I listened to a podcast interview with Bill Nye who is a very trim man. When asked his secret he said to staying thin he replied: Diet and exercise. If people can stop thinking about the word 'diet' as a specific way to eat, for example, Atkins, Paleo, Keto and just think of it in general, as in, we need to watch our diet or intake of food, I think we'd all be better off.

When I reflect on social norms and our acceptance of overeating, I hope that we can all be mindful of those who don't want to overeat. Or not to chastise the person who is indulging because that person may have already planned that piece of cake into their eating for the day!

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### **Karen says**

A couple pearls here and there but mostly fluff I've heard before.

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### **Meredith says**

There is a lot of good, solid nutritional and lifestyle advice in this book. I was hoping for something that would be more inspirational. For eating out, for example, she says restaurant portions are too big (no surprise) and basically to eat vegetables and maybe half an entree. Also, I have never found a few frozen blueberries a good substitute for ice cream!

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### **Tonya says**

This is a good book to help you learn how to eat healthy with losing weight in the process. It gives you some information you might not have heard before. I know it did for me.

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### **Deb Ristow says**

I received a his book as part of the Goodreads Giveaway program. Young lays out a 30day pla, with each chapter covering a day with topics ranging from portion size to food labels to smart snacking. Each day brings guidelines for implementing simple changes to help achieve weight loss success. The Appendix's at

the end provide additional facts and guidelines. And at the end of each chapter, Young provides a Wedge of Wisdom which is based off of a real person scenario that ties into the chapter topic. Young provided the reader with interesting facts and insights all the while enforcing the ‘tomorrow is another day’ and the grace of forgiveness for those ‘slips’. Easy to read with plenty of sound advice that is easy to follow gives readers an easy option to follow to facilitate weight loss goals.

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### **Lisa says**

I listened to this on Audible so I’m not sure how much of my low opinion has to do with the narration. But I found the tone of the book to be very condescending and an insult to my intelligence.

I also just finished one of the Great Courses, Nutrition Made Clear , which was phenomenal.

To sum up this book in a nutshell- cut out fast food, giant sodas, eat very little treats and fill up on fruits and vegetables. ? ?

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### **S. says**

I was fortunate enough to have won a copy of this book, and I have to say that it's unlike any weight loss book I have ever read. It goes into depth with explaining portions, the history of large serving sizes in the USA and many other things we often overlook when it pertains to our diet and nutrition. Without spoiling it for anyone, I will just say that it has made me look at food and diet in a very different way, and once I have some medical issues under control, I intend to apply the knowledge I attained from this book. Very helpful and informative, and I highly recommend it!

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