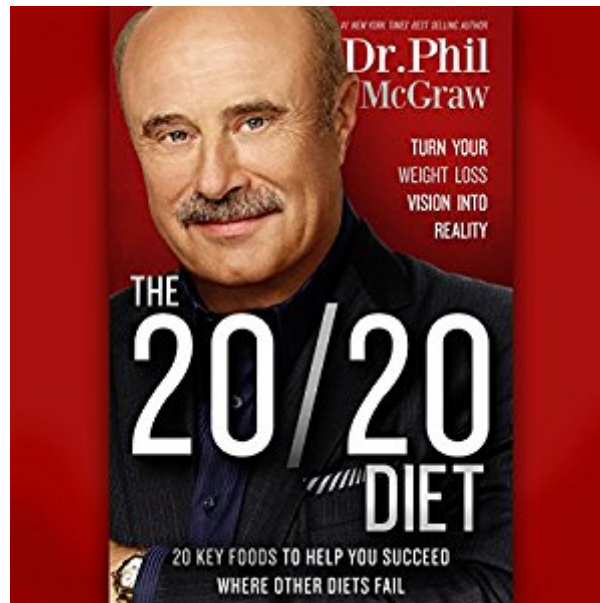




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# **The 20/20 Diet: Turn Your Weight Loss Vision Into Reality**



## Synopsis

In *The 20/20 Diet*, Dr. Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus. Then, he addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, *The Ultimate Weight Solution*. Dr. Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. In this diet, listeners will start by eating only 20 key ingredients, called the "20/20 Foods", which theories indicate may help enhance your body's thermogenesis and help you feel full. But that's just the beginning. This book explains why you haven't been able to lose the weight before, and empowers you with cognitive, behavioral, environmental, social, and nutritional tools so you can finally reach your goal, and learn lifelong healthy habits to maintain those results.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Bird Street Books, Inc.

Audible.com Release Date: January 13, 2015

Language: English

ASIN: B00S1LBN60

Best Sellers Rank: #44 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

#119 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #191

in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I hope this review is helpful, as this is the whole reason I am taking the time to write this. I did receive an advanced copy of this book, through another website, and am sharing my review on here as well. Let me start by saying I have read many different diet books, and this is in the top tier of them. It's informative and easy to follow. Basically, Dr. Phil doesn't just tell you what to do and what results to expect, but he goes into detail on why. For me, understanding the reason behind things makes it easier for me to motivate myself. After reading this book, I shy away from less healthy foods simply because I can envision the damage they are doing to my body, and not just because I

know they are "bad". The major purpose of the book is to identify the foods your body needs to "fuel" itself properly. Basically, how to put super unleaded in your car, instead of cheap gas that overtime will break down the system. This is done in 3 phases. Phases: These 3 phases are two 5 day and then followed up by a 20 day. Phase 1 (days 1-5): "Boost" - You eat every 4 hours, increasing metabolism, with basic foods. Phase 2 (days 6-10): "Sustain" - Same pace, but now adding in more diversity of foods. Phase 3 (days 11-30): "Attain" - Same pace, but by now all foods have been added in. Foods: The approach to food is simple. Dr. Phil knows that we simply can not eliminate foods forever. So what he does is just have you "put them off" for amounts of time. This allows you the comfort of knowing you will eventually have that piece of cake or other goodie you love. However, since he is keeping it space out, you have controlled "slip ups" and only end up having these treats a harmless amount of times over the course of the program, or however long you choose to live your lifestyle this way. Overall I think the program and goals are obtainable. Out of all the books/programs I have tried, this is one of the few I have been happy doing, and personally bought into. I understand the reasoning, can handle the program and am seeing results!!! Trust me when I say get this book. Its not expensive, and at minimum it will increase your health and make you loose a few pounds. At best, you could make an entire lifestyle change and see dramatic results!!!! I wish you all the best on your journey to physical change through diet. Keep in mind we are all beautiful and you can reach any goal you set your mind to. Keep the faith in yourself!!!! hope this helped!

I had a chance to test out Dr. Phil's new 20/20 diet book a couple of weeks before Christmas this year. I know, this is the worst time of year to start a diet regime but I think it's what got me through the holidays intact "and by intact I mean "Down" 7 pounds. The 5 day Boost got me off on the right foot. There are only 20 foods on the list that are allowed in Phase I but all of these are said to jump start your program by enhancing your body's thermogenesis and helping you feel full. I love cod and this is one of the protein building blocks of this phase along with walnuts, olive oil, coconut oil, apples, chick peas and others. I also found lunch satisfying with the egg salad on crunchy rye crisp. I then moved into Phase 2 (5-day Sustain) which adds more foods but keeps the downward motion going. Here you can add more fruits, veggies and proteins. You plan your day around eating 3 meals and a snack that are timed out for maximum benefit. Phase 3 is the 20-day Attain where even more food choices are added. I've just started this part of the program so won't say more here except that I'm happy with the foods available. As you would expect there is a lot of advice on how to

deal with hunger, boredom, temptations and plateaus. I liked this plan because I can have so many of the foods that I really like. I was pleased to see immediate results. There is also a plan to deal with splurge or cheat days without causing untold harm to all your good work. There are lots of recipes and strategies for dining outside the home. This is a well-developed diet book that tells you how it really is. And yes, I did eat what I wanted to on Christmas day and even had a slice of pie (but not two).

Dr. Phil does it again. I am currently still doing the 20/20 diet and within the first week I dropped 5 pounds. It is extremely easy to do, I love the grocery list and everything tastes great. If you need to jump start your system then you have got to get this. I am currently down 18 pounds in one month.

I enjoy watching the Dr. Phil show. He certainly shows great compassion for his guests no matter their reason for being there. It's obvious to me he has written this book because he's one of those people who writes like he talks. I hear him "speak" in every word in the book. As for the book itself, I bought it, am reading it and just for giggles and grins I went online and researched the suggestions that were made. I found the same 20/20 diet and the-right-foods-to-eat information on many different sites. (I should have done this before I ordered the book as I'm on a very tight budget and shouldn't be investing money in things I can find for free online...my bad). But if you're the type of person who needs a lot of "you can do this, girl" type of encouragement this book is for you. He sets out reasons why we fail diets and ways to succeed at what can only be a life change in the way we eat and think about food. This same information can be found on sites with articles about 20 best weight-reducing/energy producing super foods you can eat. My recommendation is: if you prefer to hear all this from Dr. Phil then this book is for you.

All foods included in this diet are healthy and I lost 5 pounds after 5 days. I did NOT feel satisfied and unless you want to have gas 24/7, I do not recommend this book. (eggs, beans, tofu, chick peas, etc.) This is a calorie restricted diet, boring and bland. Some of the "receipts" are ridiculous and extremely unappealing.

no one could do it with the alful foods it named

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