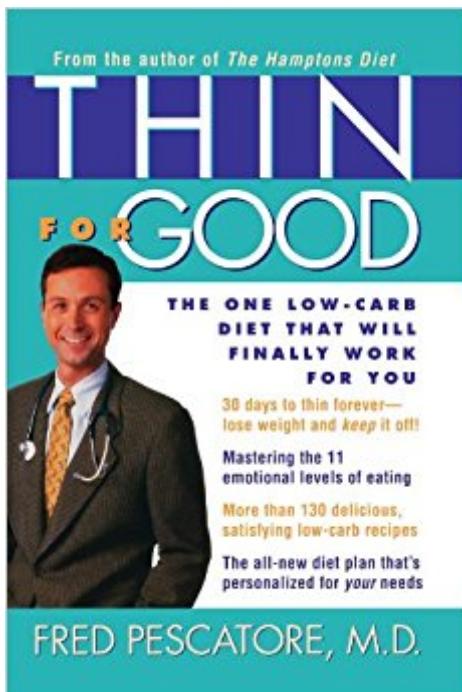


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# Thin For Good: The One Low-Carb Diet That Will Finally Work For You



## Synopsis

A REVOLUTIONARY PERSONALIZED PROGRAM FOR LIFELONG THINNESS Taking low-carb diets to the next level, *Thin for Good* combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. Leading you through the eleven emotional levels of eating, Dr. Pescatore shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. The result is a thirty-day plan--filled with affirmations, self-evaluations, and exercises--that will get you on the road to lifelong thinness. Customized for your sex and stage of life, filled with delicious recipes and meal plans, *Thin for Good* gives you the fuel you need for your lifestyle. Get thin for good--now and forever. ""Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Fred Pescatore not only provides excellent information on what to eat, he also sheds insight on the emotional aspects of eating that can sabotage even the best weight-loss efforts unless you understand them. The recipes are terrific, even if you're not dieting!""--Carol Colman, *New York Times* bestselling coauthor of *The Antioxidant Miracle*, *Shed 10 Years in 10 Weeks*, and *Stop Depression Now*""Dr. Fred Pescatore unravels the complex emotions intertwined with losing weight, eating right, and feeling and looking better--and has come up with a sensible weight-loss plan that successfully deals with both diet and the mixed feelings so many of us have about our appearances."--Jack Challe, *The Nutrition Reporter* and coauthor of *Syndrome X*

## Book Information

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## Customer Reviews

I just finished reading the book and I have to say it makes more sense & is closer to reality than the other low carb diet books out there. It is a little more complicated than the one size fits all low carb diet but that will probably make it a success for more people. I think most of us know in our hearts that we can't eat without some portion control. He doesn't want you to obsess over counting carbs because it just makes you obsessed over another aspect of food & that will work against you in the end. The book addresses the physical & psychological war we have to wage if we want to control our weight for life. We have to take the responsibility for ourselves & quit blaming what happens to us or the people around us for caving in to our cravings. The author has a great deal of experience working with patients & has seen the pitfalls of telling them to eat "all they want" as long as it is legal. It has some good recipes too.

The most valuable aspect of this book is the psychological. The mind is a crucial ally in this battle to lose weight, and the author realizes that the "mind" part of losing weight has not been addressed in most other diets. However, the diet itself is more complicated than Atkins or Protein Power, and some of the limitations he imposes are not explained (I mean, I'm not going to measure out my mustard, for gosh sakes!) Therefore, to me, this book is best used to supplement other low-carb plans.

I am a physician who advocates a low carbohydrate diet. I feel this is the best book on this subject and recommend it to all of my patients. Finally a book that does the work for me in telling patients the healthiest way to eat. It is great for people who need to lose weight as well as those who don't. There are just no gimmicks and the mind-body approach is absolutely fantastic.

I followed this diet and it has been the only thing I have tried in years that worked for me, and it is FAST. This program has a special vegetarian section where you can have beans, and some oatmeal. It's not such a low carb diet that you lose pep or get insane cravings. I also found the mind body exercises extremely valuable. He writes with the wisdom of a person who is on the path with you -- he fought his own battle with weight. I've been on it for 3.5 months and have lost 2 sizes. That may not seem fast to you, but I am post menopausal and usually have to exert enormous effort to drop any weight. This has been steady, and I feel comfortable on it. Amazing!

I related very well to the author and this is the first diet book that addressed the needs of women who are peri-menopausal/ menopausal. Now that I know what to eat to lose weight, I am very

excited and believe that I can do it. Dr. Pescatore is inspiring and I highly recommend this book to anyone who has been on a diet that failed. This one will work for you! It's working for me! A great book to read and re-read for the inspiration to stay on a diet.

I am following Dr. Pescatore's plan and have lost ten pounds in two weeks. It's not a miracle, it's not easy, but it is the right tactic for me, personally. The eating program is basically low carb, but also allows some servings of melons, beans, whole grain bread, etc. twice/week. An evening snack of refried beans with cheese and sour cream tasted as good as a dish of ice cream. Also, my body requires portion control and this plan deals with portion size. Not fun but necessary. I am succeeding at long last but not just because I'm sticking to the right foods and the right portions but because I'm dealing with my mental attitude and history towards food. Some people may be able to just follow a list of foods to eat and do well. Not me. But keeping a journal and reading Dr. P's "mind-medicines" daily have done wonders for my acceptance, discipline, understanding, and motivation. I can actually see myself five months from now as a slim person. Truthfully, that never happened before. I read sections of this book over and over again. I identify with many scenarios. It's the tool that I needed and I hope that others will be as satisfied as I am. To address earlier comments, he suggests organic eggs, doesn't demand them, I don't measure my condiments to the spoonful and I don't take all the supplements he recommends, I use other plans' recipes as well as his and I am losing and shrinking and feeling good. I believe that the psychological aspect of this program is the key. For those of us who have had a weight issue for most of our lives, it's a blessing. Try it.

Thin for Good is a great book because it addresses the dieter on multiple levels, particularly mind, body and spirit (MBS). Many other diet books miss the point that it takes MBS to have long-term success and happiness in doing anything. I found the book's instruction on how to read nutritional labels comprehensive and easy-to-follow. I love how the author acknowledged Dr. Atkins work, but presented ideas of his own. This book is a fabulous find!

Dr. Pescatore's unique bent on low carb dieting resides in his linking of the mind and body with his "Mind-Body Medicines": daily thoughts to spur on your reserve in the diet process. This book had a lot of good information, but overall I felt it would make life way too complicated to try to implement the diet as Dr. Pescatore laid it out. There were so many rules and measurements to make of everything you put in your mouth, that it would be much easier just to give up eating entirely. In this fast paced world, I really feel that most people just don't have the time or desire to go to this much

trouble to lose weight and regain health, when there are many other books out there that tell you how to accomplish the same thing in a much easier format. Another non-selling point for me was the amount of different dietary supplements he encourages you to take daily. This diet could get very expensive very quickly.

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