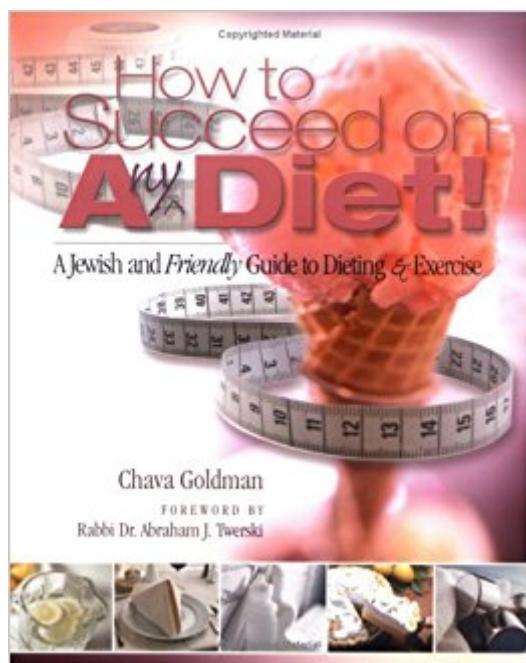


The book was found

How To Succeed On Any Diet: A Jewish And Friendly Guide To Dieting & Exercise



Synopsis

This is the first diet and exercise guide tailor made for the Jewish Woman! In a friendly, clear, and motivating style this book will show you how to analyze your own lifestyle and personal tastes so that you can choose the diet most suitable for you!! It compares and contrasts many of the major diets of the Western world to help you make informed decisions. This book provides you with hundreds of practical, well-tested tips to avoid the potential stumbling blocks of dieting. It can guide you through the dieting maze of Shabbat, Jewish Festivals, Bar Mitzvahs, weddings, vacationing and eating out. You will be helped to reach your goal weight sooner than you ever thought possible!!! So, if you want to lose weight, get into shape, catch the bus without running out of breath, or just learn how to eat and live a healthier lifestyle, then this book is for you!!

Book Information

Paperback: 428 pages

Publisher: Israel Bookshop (May 1, 2005)

Language: English

ISBN-10: 1931681708

ISBN-13: 978-1931681704

Product Dimensions: 1 x 7.2 x 9.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #808,556 in Books (See Top 100 in Books) #127 in Books > Religion & Spirituality > Judaism > Women & Judaism #3972 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #5799 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

If you really want to keep your weight down long term, read this book and follow the recommendations faithfully. --Rabbi Dr. Abraham J. Twerski We loved it!! Just what such a book should be: well written, inspiring, humorous, and full of information and encouragement. --Sarah Fiengold

Chava Goldman holds a BA in Business Administration and is a qualified Weight Management Consultant. She has run her own Diet and Exercise Consultancy for nearly a decade and has designed and currently supervises a Weight Management Group. Over the years, Chava has

helped many women reach and maintain their dieting goals. She also advises fellow diet consultants from around the world.

Sometimes the humor is a bit overdone, but overall a star book. Friendly, non-aggressive approach and as promised, does take into account the problems around Jewish festival days plus Shabbat, etc. Another strong point is the overview of many (partly fad) diets, plus the great overview of sorts of exercise. Still, f.i. another "diet" or lifestyle (Fuhrman way, LOADS of veggies, less meat, etc), which is easy to try and weave into a family's way of eating would have been nice. But to each his own and I am quite happy this book does exist and I grab it on a regular basis, just to have a laugh on exercise and diets. I would have liked some more - creative- suggestions on what to serve at one's own Shabbat table to avoid the traps at least at home (one does not want to overfeed the kids and DH with fat and sugar now, does one?). Maybe a thought for another great book? Lyfestyle- Jewish- Shabbat and festivals- cooking and baking sensibly and naturally, NO synthetic stuff -diet- exercise?

This is the BEST diet information book you will ever need to read. Yes, it is that good and worthy to read as I personally gleaned a lot from reading it myself. Thank you

GREAT BOOK! REALLY HELPS YOU STICK ON A WEIGHT LOSS PLAN

You don't have to be Jewish to love this book! It's so much fun to read. I've never had a weight problem. I purchased the book for a friend and started reading it on the subway home. Now I'm totally hooked on Chava's wit and good humor.

[Download to continue reading...](#)

How to Succeed on Any Diet: A Jewish and Friendly Guide to Dieting & Exercise Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) South Beach Diet: South Beach Diet

Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss Book 1) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help