

Midwest Book Review: Small Press Bookwatch

The Health/Medicine Shelf

James A. Cox, Editor-in-Chief

http://midwestbookreview.com/sbw/mar_18.htm#health

Eat What You Want! Stop When You Want!

Sora Vernikoff

Green Mind Press

www.nodieting.net

9780692850237 \$24.58, PB, 182pp, www.amazon.com

Synopsis: For most people, diets are a kind of do-it-to-yourself perpetual roller coaster ride with their weight forever going up and down and up again. That's primarily because no standard diet or weight-loss program lets them eat the foods that they really want and therefore always subject to (and ultimately failing) to manage their food cravings.

But now weight watching men and women have Sora Vernikoff's "Eat What You Want! Stop When You Want! A No-Diet, Weight-Loss Program" in the form of a workbook that teaches how to use two simple 'eat and stop yourself' techniques so that now anyone can become forever thin and healthy.

These two techniques are called The "Green" Technique and The "Red" Technique.

The way that The "Green" Technique works is that it lets you have the food that you want but before you eat that food, you have to ask yourself, "How much is enough?" and "How much is too much?" Then once you've decided "How much is enough?" and "How much is too much?", you have to set aside the amount that you decided was "too" much called your "Too" Much Marker. Then you can eat the amount that you decided was enough and by Program definition (as long as you can see your "Too" Much Marker) you will know that you have eaten and stopped yourself.

The "Red" Technique works in a similar way to also let you eat and stop yourself but is different in the way that the actual technique works with the actual food.

So that by now using The "Green" Technique and/or The "Red" Technique anyone will always be able to eat what they want, stop when they want and become forever thin and -- all without having to diet in the traditional sense of the word!

Additionally, Sora's program also teaches how to use three exciting no diet, weight-loss

"management" strategies. These three additional no diet, weight-loss "management" strategies help to support reaching a no dieted, weight-loss goal in the very shortest amount of time possible!

Critique: Effective, practical, and thoroughly 'user friendly' in organization and presentation, "Eat What You Want! Stop When You Want! A No-Diet, Weight-Loss Program" is a quality of life enhancing and ideally laid out workbook approach to acquiring the skill and discipline that weight control requires to lose weight -- and keep that lost weight lost! While very highly recommended for anyone of any age seeking to be able to efficiently acquire the knowledge and ability to enjoy what they eat and still drop down to, or maintain, their ideal weight, it should be noted for personal reading lists that "Eat What You Want! Stop When You Want! A No-Diet, Weight-Loss Program" is also available in a digital book format (Kindle, \$3.99).

Midwest Book Review: Reviewer's Bookwatch

Suzie's Bookshelf

http://www.midwestbookreview.com/rbw/apr_18.htm#suzie

Eat What You Want! Stop When You Want! -A No-Diet, Weight-Loss Program

Sora Vernikoff, M.A., M.S.

Green Mind Press

www.nodieting.net

9780692850237, \$25.48, Paperback 182 pages

Losing weight is a mental challenge, not a physical one.

If you can control your mind and body the weight loss will follow

Being overweight is a problem that affects a large population worldwide. Hundreds of dollars each day go towards diet and exercise plans by consumers hoping to get to their ideal weight. Often, the results leave them depleted of their cash and with no results to show for their efforts.

Salvation comes in the form of EAT WHAT YOU WANT! STOP WHEN YOU WANT - A NO-DIET, WEIGHT-LOSS PROGRAM. The author had done extensive research to develop a weight loss management program where you don't have to deprive yourself of the foods that you crave. Instead, it's an eat and stop yourself approach that programs your brain to think that you are full.

This book provides a source of inspiration as you read how the author perfected it on herself. It will educate you on a method that will let you eat, drink, and bloat and allow your mind the ability to stop yourself anytime that you want yourself to feel full. This new approach to weight loss does not involve removing any foods from your diet. You learn how to program your mind to say "No."

Sora Vernikoff has written a very educational and eye-opening book. It provides a technique that incorporates changing your thought process to learn to eat less but think you are full. What sets this method apart from similar titles is that a person can still eat the same types of food and not feel deprived of the foods they love. Also, there is no large investment required for this program. I feel that this weight-loss management program is an effective program that will help you achieve the most weight loss results.

Midwest Book Review: California Bookwatch

Diane C. Donovan, Editor & Senior Reviewer

Eat What You Want! Stop When You Want!

Sora Vernikoff, M.A., M.S.

Green Mind Press

978-0692850237

\$24.95 Paper/\$3.99 Kindle

<http://a.co/ibYazIA>

Eat What You Want! Stop When You Want! comes from an author who struggled with her own weight issues, and who used her background as an educator to create a workbook of weight management approaches that differs from most other treatments on the market.

For one thing, she decided to stop dieting and instead kept a journal of all her eating habits. But her approach didn't stop there: she decided to apply her very successful classroom management techniques to managing food after reaching her weight loss goals without any dieting involved.

Thus, the birth of this workbook; which of necessity involves an interactive approach as Vernikoff encourages her readers to identify *when* they do and do not think about food, *how* they think about food differently, and how to use the power of thinking to change eating impulses.

The centerpiece of this new approach is the author's insights on the "Food-Thought Struggle" which affects food cravings and what is eaten or what feels satisfying (or not). It's a simple set of routines anyone can follow (*"But before I buy or have it, I have to ask myself: "Do I want to stop myself or not?" Then I have to wait for my answer to arrive."*)

Charts, illustrations, and examples of each step of revised thinking processes make it easy to work through The Program and The Technique.

Because this program is all about employing a variety of techniques and self-assessment strategies, this 'no-diet system' involves much psychological inspection and is especially recommended for self-help 'foodies' interested in actively altering their perceptions of food. There are a number of courses to take, alternatives to consider, and strategies outlined under different circumstances (*"At this point, The Program says that if you've tried The "Minimizer" Technique and you've tried The "4" Technique and you're still struggling to reach your non-dieted weight loss goal then try Strategy #3, found below in Chart #8c which is called The "Boredom" Technique.*"), and while all are clearly explained, this process will better reach those actively engaged in their own transformation than readers who would receive step-by-step formulas.

The mile markers of achievement are also nicely outlined (*"This will let you know that you have stopped either your food or gum "eating" behavior."*) in a set of explicit instructions highly recommended for anyone interested in active food management that involves revising habits, perceptions, and ideas of food, dieting, and satisfaction.