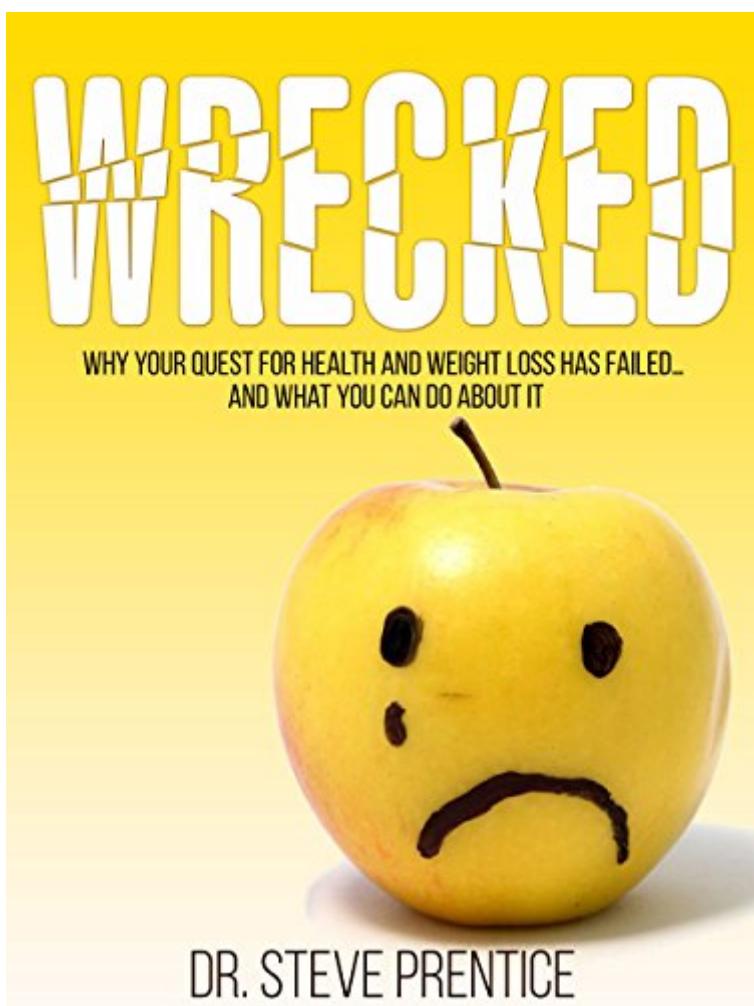


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# **Wrecked: Why Your Quest For Health And Weight Loss Has Failed And What You Can Do About It**



## **Synopsis**

Is it possible that the BIGGEST threat to your healthâ | is YOUR attempt at improving it? Sometimes the path to destruction is paved with good intentions. Never-before have people tried SO HARD to be healthy and fit, yet end up with the exact opposite results. Could it be that weâ ™re completely missing the boat? In *Wrecked: Why Your Quest for Health and Weight Loss Has Failedâ | And What You Can Do About It*, youâ ™ll learn why your attempts at eating the perfect diet, exercising like an animal and obsessively avoiding all nutritional villains leaves you frustrated, neurotic, exhausted and worse off than if you had never done a thing. Youâ ™ll also learn why the trendy recommendations of today may be the exact opposite of what you should be doing to regain your health and achieve your optimum weight. So many people are living with extreme, restrictive and difficult health and diet regimens, all in the name of maintaining their health and weight. In *Wrecked*, youâ ™ll discover how you can finally be FREE from the abusive dieting relationship and an obsessive preoccupation with health, once and for all.

## **Book Information**

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## Customer Reviews

Update... the online courses have turned out to be really good. I was wrong and spoke prematurely. Funny and informative. This is nothing new but it is very funny. Worth the read for the money. DO NOT make the mistake that I did and purchase his health courses online. Again, funny but you can go onto his website and download his newsletters for free. They pretty much explain it all. I wasted \$97 because this guy seemed different. Ugggggh. Live and learn...

This is a subject very near and dear to my heart. When I started diets at 15 I started a cycle of long term weight gain and health magazine obsession. At 27 my life was in balance and someone even asked how come I lost weight, I said oh, I'm happy. Then everything collapsed, my self worth, career, relationships. I became obese very fast cause of trauma, stress and medication. But with my other health issues I dont want to push weight loss anymore. In fact, the reason I'm giving this book 4 instead of 5 star is I want to test it out over a year, see how Dr Prentice system works for my lifestyle.

FANTASTIC BOOK!! This book really made me go AHA! I am a healthy individual and really have always been quite healthy and fit. I eat what i want and exercise how I want. My issue began when I got a kidney stone a few years ago. I obsessively began to wonder WHY....Why did I develop a painful horrible kidney stone. And in my quest to find out why i began to obsess about how never to get one again. This obsession has led me on a stress inducing quest. How much calcium do I need , what ratio of calcium to phosphorus is correct...should I eat spinach or not? How much red meat should I eat per week....3 oz? 6oz? Should I start my day off with a green juice from now on? should I eat carbs ...blah blah blah.....Up until reading this book I felt very very stressed just thinking about this. I didnt gain any weight or develop any other issues but I felt that something may have been coming, I felt like I spent most of my day searching solutions and truth me told when I searched I always found opposite points of view which of course made the stress that much worse! So after reading this gem of a book I realized that i need to stop this ! Its ok to eat well and eat as nature intended you too but not to the point of stressing so much over something. Maybe my kidney stone was in and of itself caused by stress , who knows! I know now that i will take a step back and live my life as best as I can as stress free as I can. Maybe i'll even try some yoga! lol

Quick read to empower you to never again diet the way we Americans typically think of dieting with biting wit and informal tone. While reading this book, I had mixed feeling. Sometimes it made me feel

like I was doing something right, sometimes it made me feel like I was an idiot for trying something that didn't work because I should have known better. Being healthy is a complicate thing and Prentice recognizes that. The tone of the book is like that of a conversation with that one friend who always says what he means without much thought of tone. It's not a bad book because it does talk of some of the more destructive fad diets people try or that have been popular and why, long-term, they don't work. But because of the matter-of-fact tone and the author not wanting to get too sciencey, sometimes it was too informal and a little eye-rolling for my taste.

Wow! This book by Dr Steve Prentice makes you look at the entire world of health teachings, rules and applications in a totally revolutionary way--shaking one's previous perceptions and beliefs of what it takes to get healthy, lose weight and a myriad of other unproven lasting health and exercise regimens foisted by media and so-called expert health specialists! This book realistically attempts to take the "stress" out of our quests to finally reach peaceful waters of successful personal health management. Dr Prentice writes convincingly and articulately about a subject we previously have accepted unquestionably but now can reconsider without all the hype and hyperbole and make health decisions based on our PERSONAL needs that we have been led to ignore to our own hurt for too long!

Read this book if you are struggling with your fixation on health, food, fitness, or weight loss. You might not be ready to hear the truth (I know I wasn't a few years ago), but give it a try if you want peace and true health. I came to this book after doing lots of inner work so I was more receptive to it, but if like me, you have come to the realization that your lifestyle is making you crazy and something needs to change (nope, not a new diet or fitness idea), this is the book for you. I was utterly shocked by how well this book captured my experiences and struggles both physically and psychologically. It was great to finally understand what had been happening all these years for me, and how to cultivate a better, more easeful lifestyle with less bs and more common sense. I wish I had read this book years ago instead of all the diet books that wasted so much of my life energy. The author is very experienced and he breaks down for you what goes awry in our obsessive search for health and self improvement. This book is not a people-pleaser and promises no unicorns. It promises nothing; instead, it gives you a broader, more balanced view of health and how to regain your mental health (and physical) around this issue. His take on stress is not only up to date with the latest science, but also described in simple, original, common-sensical terms that made everything click for me. I read the book in a day. It's short, hilarious, and much needed.

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