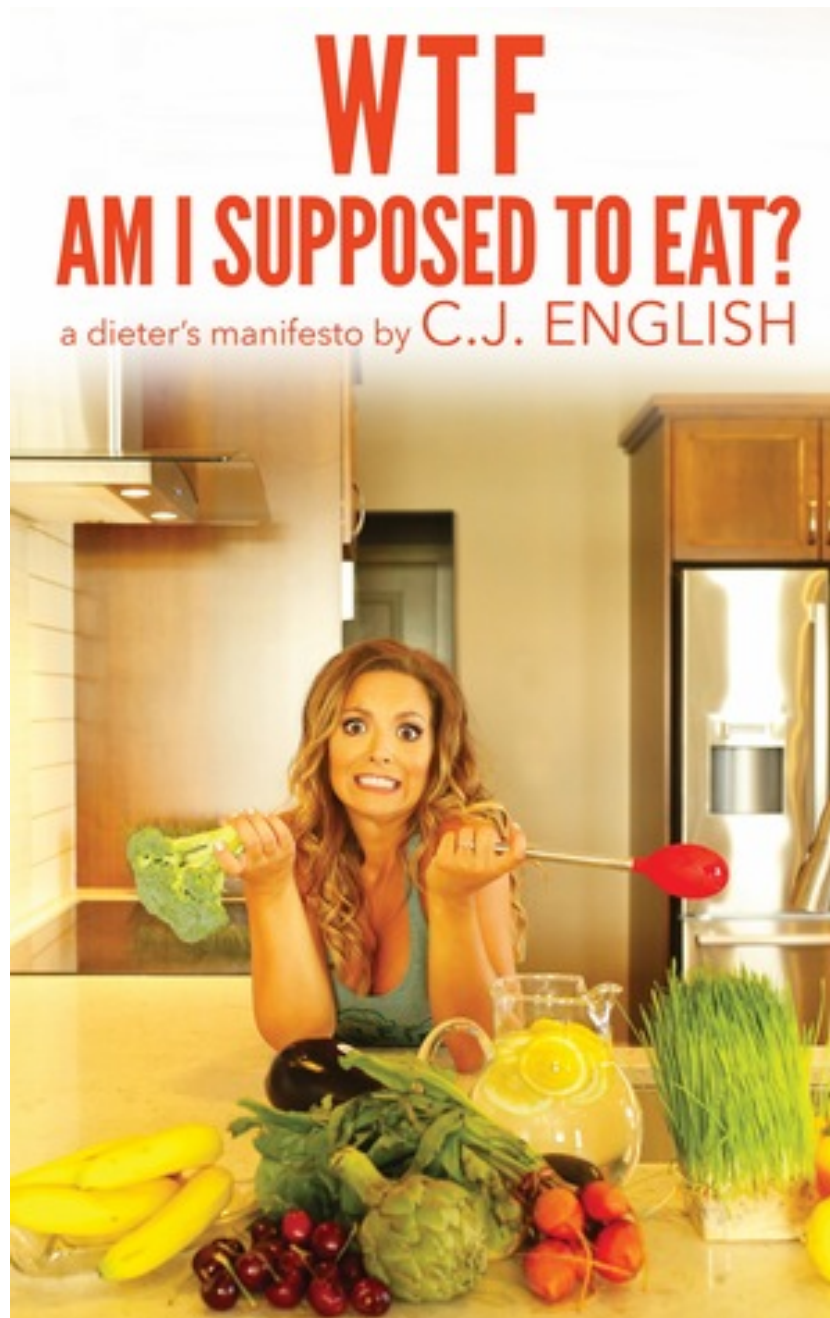


WTF Am I Supposed to Eat?: A Dieter's Manifesto Book PDF Download



By:
C.J. English

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WTF Am I Supposed to Eat?: A Dieter's Manifesto Book PDF Summary -

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If you are looking for a

to life, diet and learning more about out cutting-edge vegetarian cooking then this book is for you. If you, like me, loathe being told what NOT to eat th

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to life, diet and learning more about out cutting-edge vegetarian cooking then this book is for you. If you, like me, loathe being told what NOT to eat then this book is for you.

C.J. English*** with her background in nutrition and exercise brings over 20 years of experience to the table.

She will cut to the chase, chop up any confusion and deliver tons of fun "what the fuck" moments along the way.

Book is divided into three parts:

• How?

• What?

• Recipes!

Elizabeth

Have you ever felt that you are destined to be fat forever? Have you tried every diet and weight loss plan known to man and still not had the result you are looking for? I'm sure there are some of you out there that have. After reading

, I was blown away by the openness and raw writing of CJ English. When I saw that she was releasing a new book on health and eating, I jumped at the

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is divided into three parts. The what, the how, and then recipes to apply to your new eating plan. I found CJ's writing style to be down to earth, relatable, humorous, and quite informative. She addresses not only the physiological truths of eating healthy but the psychological challenges a person trying to loose weight and be healthy faces every single day. I found it informative and quite inspirational. I thoroughly enjoyed the read instead of feeling bored to tears with an abundance of scientific jargon (as I have experienced in other weight loss books I have read in the past). Instead, it felt like I was chatting with a good friend that has been there, is there, and will be there tomorrow. After reading this book, one thing is made abundantly clear, being healthy is a journey. It isn't always easy, but the result is more than worth it!

Overall, I highly recommend

to anyone who wants to work on being healthy and happy. Am I certain I will be able to master all of the techniques and strategies shared in this book? Probably not! But at least I have the tools I need to try. And

when I fail, I know I will be able to try again. I am so glad I had the opportunity to read this book and I look forward to applying the nuggets of goodness delivered with love by the beautiful and inspirational C.J. English!

á!Floáf! the coffee addict

I am legit speechless. This books complete rocked my world. The uninhibited and frank approach to weight loss, exercise and a healthy lifestyle was out of this world hilarious, entertaining and so goddamn useful. If you thought about changing your diet, buy this manifesto. CJ is not only painfully honest, but incredibly knowledgable. Over the last month I have read a few pages at a time whenever I felt like someone needed to kick me in the ass, while simultaneously giving me

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That's all I have to say. Thank you, CJ.

Shera The Fabulous BookLover

I loved C.J. from the moment I first read Affairytale, there was something about her personality on the pages that I was drawn too. When I realized she wrote a health book I was over the moon excited.

Growing up I think I've tried every diet...South Beach, A

I loved C.J. from the moment I first read Affairytale, there was something about her personality on the pages that I was drawn too. When I realized she wrote a health book I was over the moon excited.

Growing up I think I've tried every diet...South Beach, Atkins, Makers, Smoothie and yes they all

worked...for a time and then I was once again battling the same weight I had initially taken off and then some.

put such a big smile on my face because it's all about

restricting yourself. So many books I've read are all about what foods they can take away from me Or this rule that I must follow or else. All these rules rules rules drive me nuts and they drive me to eat more cause I'm so stressed about what they're telling me! But CJ understands. She gets it.

CJ won't put you on a diet. She doesn't tell you to stop eating fruits (which is beyond ridiculous). Actually she'll tell you (something along the lines of) you can eat whatever you want

. You must know that if you eat cookies and cakes all day that ass will be fat. Eat more greens and you'll be healthier. Can you still drink alcohol? Should you stop eating at 6pm? She challenges some of the facts that are imbedded in us from a young age, like what's really the most important meal of the day? And she makes you think. I seriously felt like I had a friend sitting me down and telling me how to take care of myself and to be a better me. Being healthy shouldn't be hard, it's actually doable, with a little effort anyone can be what they want to be.

I loved this book and the delicious, easy to make recipes are so good for getting anyone started in the right direction.

Katy Loves Romance â•••

This has got the be one of the most unconventional diet but more way of life eating books I've ever read. If that's what you want I'd definitely pick this bad boy right up. It is enlightening and fun to read, easy to understand and tells you exactly what you need to know if your wanting to go along the vegetarian way of eating.

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and if nothing else it sure has made me think about food in a different light. CJ definitely knows her stuff, she has researched and knows the information on what it is doing to your body and how that effects your thoughts, how active you are and why you get the aches and pains you do. But it also explains that it's your choice how you change the choices you put in your mouth.

Above all this is a book on healthy eating, on changing how you think about food, and how to implement it. Also that you SHOULD drink lots of wine (if you so please)

I enjoyed this is a lot of it though some parts not so much. That said that's probably me more so than what's said. I love exercise and I love food, and this isn't the book for exercise lovers. I will though definitely be changing my diet come January. I'll be eating more plants for sure and taking on board what CJ has said. And so I'll definitely be coming back to this and re-hashing things to get it right.

* The juices and the fasting that's it's ok to do that at times but with clear guidance..

* To eat breakfast when I'm ready... bonus (some mornings I just can't stomach it and that's ok as well) phew...