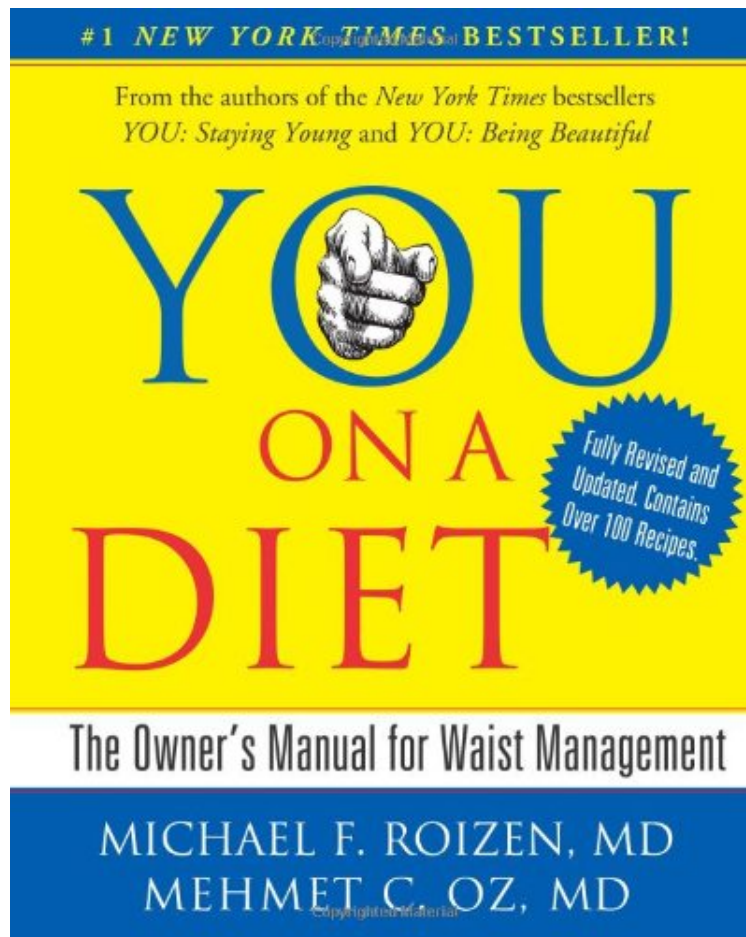


# YOU: On A Diet Revised Edition: The Owner's Manual for Waist Management

Michael F. Roizen, Mehmet Oz  
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**Michael F. Roizen, Mehmet Oz : YOU: On A Diet Revised Edition: The Owner's Manual for Waist Management** before purchasing it in order to gage whether or not it would be worth my time, and all praised YOU: On A Diet Revised Edition: The Owner's Manual for Waist Management:

5 of 5 people found the following review helpful. Life-changing By Name Not Found Edited 2 Sept. 2015 (see below): I'll never be the same again. And that's good. I spent 47 years struggling to gain or maintain weight, then I was diagnosed with celiac disease and, within a couple of years, had packed on 40 pounds . . . 20 to 30 more than I needed. I had absolutely no experience eating a reasonable amount and absolutely no idea how to lose weight and keep it off. Throw in menopause, and suddenly, I had a weight -- and a shape -- problem. After struggling with all the things I'd always thought were necessary to lose weight and maintain the loss, I knew I needed help. I ordered this book and

began reading it. Suddenly, I understood why my obese sister proclaims, "Diets don't work." They don't. I'm not close to finishing this book. In fact, I haven't even read to the eating and exercise plan, yet I have already lost an inch from my waist from gaining a better understanding of what my body does with food and by taking the few little suggestions mentioned thus far in the book. I bought a second copy for my husband, who, according to the authors, only needs to lose about an inch in his waist, so he could read it and be an informed cheerleader/buddy for me. (You need these, but don't worry if you don't have any as the authors will tell you where to find some online.) I am recommending it to just about everyone I know, including those who don't need to lose weight but who do carry increased risks of Alzheimer's disease, cancer, cardiovascular disease, obesity, premature aging, and just about any other ailment. Because, despite the title, it isn't about dieting. It's about resetting your own body to be the shape and weight it was designed to be and to work for you rather than against you. In the process, you will improve just about every aspect of your health. The book is actually fun to read. The style is casual, conversational, with plenty of humor to keep readers hooked. Parts of it are laugh-out-loud irreverently funny -- not at all the formal physician-speak of my childhood. I'm perplexed by the reviewers who claim the book offers nothing new. It is a radically different approach to health, including waist (rather than weight) management. I taught aerobics classes for years, and this book definitely includes some new information as well as new approaches to much of the traditional belief and thinking involving fitness and dieting. I can't think of anyone who wouldn't benefit from reading it. The book is pricey, in all formats. For this reason, I purchased used hardback editions for myself and my husband. I got nearly pristine copies, so someone's loss was my gain. I mean, loss. Gainful loss! UPDATED July 2015: I have since lost 30 pounds and more than 4 inches from my waist. My physicians say I am now the perfect size for my frame. Even better, I'm keeping the weight off. I haven't done the yo-yo thing. I never really bothered with the suggested menus, as I have so many food allergies/intolerances, but learning how my body uses and responds to different kinds of foods gave me all the information I needed to lose the weight and regain my hourglass figure. I couldn't be happier. UPDATED September 2015: I'm still keeping the weight off. In fact, I lost a few extra pounds before spending three weeks away from home expecting to gain some back while I was gone. I returned from the trip the same weight as when I left. I dug out my "before" measurements today and compared them to "after" -- and I'm thrilled. I'm not so thin that anyone can count my ribs or vertebrae, yet the definition of my rib cage does show. I've made the rounds of all my physicians now, and they are all thrilled with my size and shape, or body conditioning. 2 of 2 people found the following review helpful. A Complete Weightloss Program In A Book That Makes Sense By D. Otto I first checked this book out at the library, I found it very interesting and written so that it was easy to understand. If you are looking to lose weight the safe and old fashioned way...this book has it all for success. It not only explains all about how the body works, why we have cravings, gain weight, metabolism and many many other things there's humor mixed in and little facts scattered all through the book. Once you understand the ins, outs, and why things work the way they do, there's the exercise. Even the dreaded part of exercise is fun. Its just a few pages illustrated with a hand drawn person and the exercises are very basic and simple. No aerobics, jumping, or even coordination needed. But you do get a whole body workout. Then the best part....the food! There are numerous breakfast, lunch, dinner, and snack recipes. With the exception of soups most recipes are for 2 servings and call for normal ingredients. I was really impressed with the way this book was written. Which is why even though its almost a decade old I order a copy for myself. Its a complete weight loss program that is sensible, gives you knowledge, recipes, menu plans, and doable exercise. I've got my shopping list ready (which is also in the book) and ready to get started. 2 of 2 people found the following review helpful. Premise is great, endless analogies are painful to read! By C. Akins I love the idea of the book and think the diet plan is great. I really wanted to love this book, but the endless analogies make the book very difficult to read. Things like referring to the tongue as a "stamp licker" or saying you are "drooling like an overheated St Bernard", are very distracting. I would love to see this book rewritten in a more straightforward manner.

As they did with the revised edition of *YOU: The Owners Manual*, Dr. Roizen and Dr. Oz have updated their classic, international bestseller on diet. This nearly three million copy seller is filled with new information on emotional eating, the latest fad diets, maintaining a healthy lifestyle, and over a hundred recipes. For the first time in our history, scientists are uncovering astounding medical evidence about dieting and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat. Michael Roizen and Mehmet Oz, America's most trusted doctor team and authors of the bestselling *YOU* series, are now translating this cutting-edge information to help you shave inches off your waist. They're going to do it by giving you the best weapon against fat: knowledge. By understanding how your body's fat-storing and fat-burning systems work, you're going to learn how to crack the code on true and lifelong waist management. Roizen and Oz will invigorate you with equal parts information, motivation, and change-your-life action to show you how your brain, stomach, hormones, muscles, heart, genetics, and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium. In *YOU: On a Diet*, Roizen and Oz will redefine what a healthy figure is, then take you through an under-the-skin tour of the organs that influence your body's size and its health. You'll even be convinced that the key number to fixate on is not your weight, but your

waist size, which best indicates the medical risks of storing too much fat. Because the world has almost as many diet plans as it has e-mail spammers, you'd think that just about all of us would know everything there is to know about dieting, about fat, and about the reasons why our bellies have grown so large. YOU: On a Diet is much more than a diet plan or a series of instructions and guidelines or a faddish berries-only eating plan. It's a complete manual for waist management. It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight-loss system can be explained. YOU: On a Diet will serve as the operating system that facilitates future evolution in our dieting software. After you learn about the biology of your body and the biology and psychology of fat, you'll be given the YOU Diet and YOU Workout. Both are easy to learn, follow, and maintain. Following a two-week rebooting program will help you lose up to two inches from your waist right from the start. With Roizen and Oz's signature accessibility, wit, and humor, YOU: On a Diet The Owners Manual for Waist Management will revolutionize the way you think about yourself and the food you consume, so that you'll diet smart, not hard. Welcome to your body on a diet

"Back for another highly entertaining round of Biology 101, the team behind YOU: The Owner's Manual applies its signature wit and wisdom to food metabolism and nutrition. Roizen and Oz pack in a lot of material -- quizzes, 'factoids' and 'myth busters' along with diet and exercise plans, recipes and a two-week 'rebooting' program -- in bite-sized portions, giving readers a chance to absorb and apply what they learn." -- Publishers Weekly, starred review

About the Author Michael F. Roizen, MD, is the four-time #1 New York Times bestselling author and co-founder and originator of the popular RealAge.com website. He is Chief Wellness Officer and chair of the Wellness Institute of the Cleveland Clinic and Chief Medical Consultant to The Dr. Oz Show. He currently lives in Shaker Heights, Ohio. Mehmet C. Oz, MD, is a #1 New York Times bestselling author and multiple Emmy Award-winning host of The Dr. Oz Show. He is professor and vice chairman of surgery at New York Presbyterian-Columbia University and the director of the Heart Institute. He currently lives in New Jersey. Excerpt. Reprinted by permission. All rights reserved.

YOU: On A Diet Revised Edition Introduction YOU: On a Diet Work Smarter, Not Harder Most diets promise commonsense solutions to tight-pants problems: Eat less, and you'll weigh less. Keep your mouth closed, and you'll keep the pounds off. Sweat like a sauna-dwelling sumo wrestler, and you'll wind up skinnier than a sheet of paper. Straightforward enough. But if it really worked that way, our bodies wouldn't be large enough to be spotted by Google Earth. If it really worked that way, then most diets wouldn't fail. If it really worked that way, then we all must be a bunch of rebellious hellions with mayo-covered lips and belt-busting bellies who don't feel like following a few simple instructions. Or it could be that most diets have it all wrong. We believe it's the latter. You know why? Because most diets instruct you to take on the corn chips, meatball specials, and dessert trays with brute force. It's you versus food in a lifetime heavyweight fight. But in that scenario, the fight is always fixed and not in your favor. That's because the battle against extra pounds isn't won with force, with sweat, with trying to diet. It's won with elegance, with smarts, and with healthy choices that become as automatic as a Simon Cowell barb. When it comes to dieting, trying to whip fat with our weapon of willpower is the food equivalent of holding your breath underwater. You can do it for a while, but no matter how psyched up you get, at some point your body's biology forces you to the surface gasping for air. And with most diets, your body forces you to gasp (or gulp) for food. No matter how hard you try not to eat, some hidden force deep inside is always prying your mouth back open, making it impossible for willpower to win. Instead of sparring with your waistline, it's time you made your body an ally in the fight against fat. Our process is to look at our overweight bodies the way scientists would: Identify the underlying biology of the problem, then find the cures. Why? Because we're lucky enough to be in the right place at the right time a time when the scientific world has just now started to unlock the biological mysteries that have caused us to store fat and gain weight. For the first time in our history, the scientific community is uncovering the medical evidence about food, appetite, and satiety that will allow you to tackle weight problems with the real weapon against fat: knowledge. By making this knowledge simple and accessible, we're going to give you tools and actions to crack the code of true and lifelong waist management. In fact, our plan will help you avoid the dangerous yo-yo cycle of weight gain and weight loss. We're going to help you reprogram your body so that you can keep off the weight you lose forever. Through the years, many of us have been led to believe that our weight problem is about two things: calorie counting and mental toughness. While some of us may say that the weight problem is too much of the twelve-cheese lasagna, the real problem is that most of us have as much of a clue about how our bodies work as we have about how our cars do. Sure, we know the major parts and generally what they're supposed to do. The real danger of thinking we have most of the answers is that we stop asking the questions. If we look under our hood, do we really understand the systems that make our bodies accelerate to a life of fat and the ones that slam the brakes on the dangerous cookie-and-cake collisions that take place every day? Probably not, and that's what we're here to help you learn. Above all, we're going to teach you that when it comes to dieting, you need to work smart, not hard. Following our plan, you can expect to drop up to two inches from your waist (or a dress size) within two weeks and see results steadily after that. While the end goal is what many of us look for, we believe that the path you choose to get there is what really dictates whether you make it or not. Our path looks like this: Part 1: What a Waist! Starting here, we'll talk about our major principles for how the body is designed to

work and how our program is geared toward those functions. And we'll also give you the biological ideals of the human body—how our bodies originally looked and functioned. We'll also give you some self-assessment tools for figuring out your own body's ideals. Once you know where you're going, you'll have a better idea of how to get there.

**Part 2: The Biology of Fat.** Here you'll follow morsels of food from the pantry to the porcelain bowl and everywhere in between. We'll start by exploring the physiology of appetite, and then we'll dive into the science of fat—how we store it, how we burn it, how we fight it. Obesity is really only a twenty-year-old problem (not for you but for society). Since 1990, we've gone from 1 percent of North Americans with the dangerous disease of inflammation from fat in the liver to 35 percent who have it now. You'll learn what a truly amazing system your body is when you steer it in the right direction through wise nutritional and activity choices.

**Part 3: The Science of the Mind.** When it comes to overeating, most of us put more emphasis on what we're noshing than on what we're thinking. But you can't discuss weight issues without exploring the scientific and chemical (and even spiritual) reasons why your brain hormones and your emotions drive you to the eight-enchilada special. You'll learn why some foods are addictive. More important, we'll show you the strategies for making your emotions and the chemicals that drive them work for, not against, your waistline.

**Part 4: The YOU Diet and Activity Plan.** After you read and learn about the intricacies of your body, you'll find the eating and activity plan that will teach your body to eat and work smart. Your body will become your gym as you gain sleek strength in your body's foundation muscles—all without using weights. And you'll learn to make the right decisions in the supermarket aisle and at the fast-food window. The fourteen-day plan outlines recipes, exercises, and actions you can take to live leaner and healthier. (In our appendices, we'll explore the medical options for dealing with weight issues—for times when you may plateau, and for those people whose weight problems have led to major medical problems.) Now, with all the diet information that's circulating today, sometimes it's hard to know what's right, and sometimes it's hard to remember what to do even if it is. That's why we feel that while the program is important, how you learn it—how you ingrain it as part of your lifestyle—is just as vital. As we travel through the four parts of the book, you'll notice various ways you'll learn about your body and how to change it. These are the five main elements we'll use along the way:

**YOU-REKA IMPYOU-reka Moments!** Like Einstein suddenly realizing that  $E = mc^2$  you'll develop deep insights that challenge your preconceptions about diets, about fat, and about your body. In the margin, you'll see our YOU-reka imp—the signal that we're about to come upon a moment of enlightenment by busting a myth or explaining something to you about diets that may seem 180 degrees from what you believe is true.

**YOUR Body:** In Parts 2 and 3, as we explore the biology of your body, we'll start each chapter by giving quick biology lessons about what really happens inside your body. We ask that you put on your metaphorical scrubs and gloves as you whiz through your arteries, travel through your intestines, and hang out in your stomach. We'll get up close to your fat so we can see how your body handles it and how it manipulates your body. We believe that by learning about how the inside of your body works, you'll develop the smarts you need to change how the outside looks.

**YOU Tests.** Through interactive quizzes and measurements, you'll establish baselines for such vital statistics as your ideal body size and your eating personality. And you'll also be able to test for the secret things that could be contributing to a weight problem (get a load of our tongue test on page 76). You can start in a few pages by taking the Fat Facts Test on page 18.

**YOU Tips:** After we explore the biology of your body to show you what bad things can happen if you make the wrong choice or have cross-wired genetics, we'll immediately give you actions that can help turn your body around. At the end of each chapter, we'll outline intelligent strategies—big and small—for living, eating, and moving in a more healthful way.

**The YOU Diet and Activity Plan:** In Part 4 (on page 217) we'll detail the specific and simple strategies, recipes, and exercises that will lead you to the body you want for the rest of your life. The fourteen-day YOU Diet (it's actually so easy that we crafted a seven-day plan that you do twice) and the no-weights-required YOU Workout provide all the tools and instructions you'll need. Best of all, they don't take a lot of time, and they're so easy that you can incorporate them into your life today. You'll be rewarded for the time you spend planning, exercising, shopping, and cooking with more energy and a better mood—and you'll enjoy looking in the mirror more! So where do we start? With our first YOU-reka! moment: Your body naturally wants to take you to your optimum weight, as long as you don't get in its way. That's right. For almost everyone, no matter what your genetics, the systems, organs, and processes of your body all want you to function at an ideal weight and size. With the following few principles that we'll develop throughout the book, we're going to teach you how you can make that happen without having to bludgeon yourself in frustration with a butter knife. These are our major principles for achieving your very best and very healthiest body.

**FACTOID** When you lose weight without exercise, you lose both muscle and fat, but when you gain weight without exercise, you gain only fat. It's much easier to gain fat weight than it is to gain muscle weight, which is one of the reasons why yo-yo dieting fails so miserably: When you continually gain and lose and gain and lose, you end up gaining proportionally even more fat, because of the muscle loss that takes place every time you lose.

**YOU Will Choose Elegance over Force** Most dieters try to defeat their Oreo/Cheeze Doodle/custard pie infatuations with will, with deprivation, with sweat, with a my-brain-is-stronger-than-your-crust attitude. But trying to beat your body with mind power alone may be more painful than passing a melon-size kidney stone. Instead, you have to learn about the systems and actions that influence hunger, satiety, fat storing, and fat burning to fine-tune your corporeal vehicle so it runs on autopilot and takes you to your ultimate destination: a healthy, ideal body. (For those who want to skip ahead, you've probably already peeked at

Part 4; however, getting to know the nuances of your body is what will help you achieve and maintain a truly healthy-size body.)

**YOU Will Learn How Your Body Thinks True** body improvement is about science. Its about making the leap from witchcraft to hard data, from alchemy to chemistry, from speculation about what works for your body to explanations of how your body actually works. The only way youll understand the way calories and fat travel from that 2,000-calorie onion loaf to the back of your arm is by bringing alive the physiology of hormones, blood, organs, and muscles by explaining the processes of digestion, starvation, fat storage, and muscle movements. When you understand the magic of physiology and the fun of biology, youll know what actions to take and why youre taking them to reboot your body back to where it wants to be. Just as when youre trying to help a tantruming toddler or kick-start a frozen computer, you cant fix it unless you know whats wrong. Know the why, and its much easier to handle the how when you need to. Lets face it, were not going to be sitting next to you at 10:30 p.m. when youre pilfering a Pop-Tart. So you need to be equipped with knowledge of how your body works and reacts to that Pop-Tart so that you can defend against the little sugar-coated bugger.

**YOU Will Challenge Your Beliefs about Diets** Throughout our lives, weve been conditioned to believe that if one thing is good for us, then more of it must be better. If you eliminate 100 calories from your daily diet, then eliminating 400 must qualify you for size 2. If you walk to lose weight, then running a marathon must nuke the fat right off your body. Well, neither idea is true. Worse, not only arent they true, but many of the diet myths perpetuated today actually hurt our bodies. Food deprivation, for example, drops your metabolism and makes your body want to store fat. Many of the rules, ideas, and principles you may believe about dieting that you assume work when dieting simply arent true and can very well contribute to weight issues because they keep the vicious cycle of fat loss and fat gain revolving faster than Lance Armstrongs front wheel. Throughout the book, youll learn all about this perfect storm of factors that contribute to our ability to gain so much weight and our inability to lose it. Youll see that some of these reasons are biological, some are environmental, and some are psychological, and only when you learn how to navigate these tricky waters will you find true success when it comes to achieving and maintaining a healthy size.

**FACTOID** In men, the supplement L-carnitine at a dose of 3 grams a day helps muscles use carbohydrates, but it is also good for blood vessel function in both men and women. One of the reasons why most so-called diets fail is because of a psychological and behavioral flaw that many dieters have. We desperately want to believe the simple, comforting promises that diets make that doing A always gets us B. Because once we see that A (eating wheat germ 24-7) doesnt always equal B (the cover of Vogue), then we get frustrated and angry, and give in to the gods of cream-filled baked goods. Unfortunately, your body and your fat do not have a linear, two-step relationship. Instead, think of your body as an orchestra. All of its systems, organs, muscles, cells, fluids, hormones, and chemicals play different instruments, make different sounds (your intestines have dibs on first-chair tuba), and produce different results depending on how you use them. They work independently, but only when theyre played together can you appreciate the magnificent symphony of your own biology. As the conductor of your biological orchestra, you control how the instruments interact and what the final result will be.

**YOU Will Make Dieting Automatic** While we want you to not think about eating good foods, we also know that not thinking may be how you got into this pants-stretching mess in the first place. When you dont think about the consequences of ordering football-size calzones, you wind up with such pleasantries as high LDL (lousy) cholesterol, low HDL (healthy type of) cholesterol, a fat-filled liver, inflammation in your arteries, and a higher risk of aging arteries that cause memory loss, heart disease, even wrinkles, as well as a steady stream of coupon offers from the large mens department. We want your body to guide you to the right choices without thinking about them so that theyll lead to the results you want. It will take some effort at the start to retrain your habits, palate, and muscles, but this program will serve as a lifelong eating, activity, and behavior plan that will become as routine as going to the bathroom before bed. Unless youre the rare kind of person who responds to dietary drill sergeants, you wont find long-term solutions using traditional weight-loss methods: willpower, deprivation, fads, phases, or dead-bolting the lid of the butter pecan. Instead, using this plan, you will train yourself to never think about how much youre eating, never think about getting on a diet or worry about coming off one, and never have to figure out formulas, zones, or, for the love of (fill in the deity of your choice), place a chicken breast on a food scale.

**YOU Will Focus on Waist Management** Our society seems almost as obsessed with pounds as it is with celebrity breakups, but its time to shift your thinking: Studies have shown that waist circumference, not overall weight, is the most important indicator of mortality related to being overweight. Of course youll lose pounds on this plan, but we want you to switch your focus from a number that measures your weight to one that measures your waist. Because of its proximity to your organs, your belly fat is the most dangerous fat you can carry. In addition to helping you shrink your waist through diet, well also teach you the exercises that will help you achieve and maintain a healthy waist size. Now, we dont want you to think that exercise must involve sweating like a waterfall and panting like an obscene caller, because it doesnt. But you do need to start thinking about your body as a dartboard: Its all about whats in the center. Youll be focusing on the physical activities that will help control your waist size specifically walking and foundation-muscle training of your entire body (without growing igloo-size muscles). Well teach you simple moves that will develop all of your foundation muscles, and well teach you how to tighten your belly, improve your posture, and develop the muscles that will make you fit into your clothes better. That translates into a shapelier waist, which, studies (and pick-up line frequency charts) show, makes you more attractive to

others. But lets not overlook the management part of the waist management equation. We all know how good managers work: They plan ahead and create systems that play to peoples strengths, they set realistic goals, they measure progress, and they dont force their employees down roads that are designed to give them a pack-your-things meeting with HR. You need to train yourself to be a good waist manager by following a plan thats designed to help you become the CEO of your body. **YOU Test Take Out the Tape** Some people havent stepped on a scale since Laverne Shirley played in prime time. And thats a good thing. For our purposes, you dont need to know how much you weigh (but if you want to check your progress on this program, then go ahead and peek). All you need is a tape measure. Measure the circumference of your waist at the point of your belly button (suck in; you will anyway), and record the score here. (Depending on how your weight is distributed, you may need to make an adjustment to where you place the tape. If youre overweight, keep the tape measure parallel to the floor during measurement.) **YOUR SIZE: \_\_\_\_\_** For optimum health, the ideal waist size for women is 32 inches; once you hit 37 inches, the dangers to your health increase. For men, the ideal is 35 inches, and the dangers to your health increase once you hit 40 inches. While were going to emphasize waist over weight in this book, we also know that many of you wont be able to resist the siren of the scale. When it comes to actual weight, you do need to stop thinking about one specific number. (I want to get down to one hundred thirty.) All of us have an ideal playing weightnot a weight for running marathons or making All Pro linebacker or posing for an airbrushed-anyway centerfold. This ideal playing weight is a range in which you live lean and healthy, and one in which you significantly reduce the risks of aging diseases associated with being overweight (more on all of this in Part 2). **You Will Focus on YOU, but Not Rely on YOU** It doesnt matter whether you look at presidents (Lincoln or Taft), musicians (Usher or Heavy D), or tennis players (Sharapova or Serena), its clear that we all have different builds, just as we all have different genetics, metabolic rates, and chemical interactions. Still, there are some fundamental biological facts that are true whether youre built like a branch or a stump. As a species, were programmed to gain and preserve the right amount of weight. Thats simply what our bodies are designed to do (more on that coming up). The trick is to figure out your factory settings. Then, well give you the all-important lock-setting tools that will help you to reboot those factory settings so that your body maintains its ideal size and shape. While this is a very individual challenge, it doesnt have to be a lonely one. Life is a team game; youve got sports teams and surgical teams, restaurant staffs and office staffs, hip-hop clubs and calculator clubs. And of course you have the ultimate team: your family. The most successful teams all work the same way: Everybody plays a different role and contributes in his or her own way. You may have a Shaq, Kobe, or LeBron on your team, but the team cant win the title unless everybody, not just the stars, works for the team goal. Somehow, though, when it comes to weight control, you believe that youre solely responsible for dropping your excess pounds and changing your habits. To make it worse, when youre gaining weight, even the fans are chipping in on your side; the world around us wants us to gain weight in the form of big portions, drive-throughs, and family dinners that could feed a small municipality. Then when youre trying to lose weight, its as if everyones against you; they bring junk food into the home, suggest that everyone go out for ice cream, and feast on pork fat while youre trying to gnaw on cauliflower. You can think of this as being green at the same time. Whats good for the outside environment (more plant food, less four-legged food) is good for your environment too. You have to stop thinking that this game is you versus a stadium full of rib-loving opponents. Sure, you need to be the quarterback of your waist control team, but you wont achieve success without a team that can block for you, high-five you when youre doing well, and give you an encouraging smack on the butt when youre not. Your starting lineup should include your doctor, maybe a nutritionist, maybe a personal trainer, and certainly scads and scads of fans like your family and friends (online or in person) who can push you, support you, and yank the bowl of candy corn away from you. But you shouldnt be the only one relying on other people; you should use this opportunity to find a support partner who needs you as much as you need her. After all, the best kinds of satisfaction shouldnt come from the sixth spoonful of cake batter, but from sharing knowledge and support, and helping others lose inches. **YOU Will Stop Blaming Yourself** The classic psychology of fat is this: If youre thin, then you believe that fat people must be doing something wrong to make them fat. But if youre fat, then you blame the environment, or your genetics, or anything else. Well, were going to try to eliminate that blame and use medical insights to explain the epic saga of weight-related problems. We want to move dieting past a guilt-driven and blame-ridden system, and make it a science-based system. Of course not everyone can look like a Beyonc or a Brad Pitt. To get an idea of what your healthy weight, waist, and shape should be, youll need to take into account such things as bone structure, muscle mass, genetics, and risk factors associated with your weight. Heres a fact that goes virtually unmentioned: There are clinically obese people who live with no risk of health problems, and there are CD-thin people whose risk of dying prematurely is more than a chuteless sky-divers. Our goal is to get you to the point where you strip away inches, you strip away the risks of being overweight, and you strip away the guilt associated with the process of always trying to do so. **YOU Will Never Be Hungry** We know exactly how youve felt when youve dieted in the past. Hungry. Famished. Three seconds away from steamrolling through a triple-dip cone with sprinkles. That recipe for dieting is one you can tear up. In fact, the only place hunger ever got you was a pair of pants that could double as curtains. To eat and work smart, your goal is never to be hungry and never to be in a state of dietary angst, where your only salvation is the 99 menu at the drive-through window. By keeping your hunger (and internal

chemicals) in check, you'll avoid the impetuous behaviors that send fat on an express ride to your belly. **YOU Will Make Mistakes** Look, we don't care how motivated you are, how willing you are, how inspired you are by Eva Longoria's body. Someday, and someday soon, a volleyball-size muffin is going to get the best of you and nudge, bribe, or cajole its way into your stomach. That's OK. Hear that? That's OK. You're going to have moments when your eyes, body, and curious fingers won't be able to turn their radar lock off of the queso dip. You have to get past the concept that diets have side effects—that is, unexpected negative consequences. Instead, realize that eating plans have effects—offshoot actions, behaviors, and emotions that are simply part of everyday living. One of those effects is that you will occasionally eat things that are nutritional cigarettes; though one may not hurt you forever, it can get you addicted to some bad behaviors. Because of that, waist management is about developing contingency plans—plans that allow you to make mistakes and then get back on the right road. We're going to teach you how to make a **YOU-Turn** when you do make mistakes with Twinkies or Tootsie Rolls or any bad-for-your-waist foods. That way, your dietary fender benders won't turn into hundred-car Autobahn pileups. **YOU Will Be Flexible and Have Fun** Most of us want our diets to be a little like having the remote control; we want the power to make lots of choices, depending on everything from our mood to the time of day. It's clear from research that the most successful eating plans are low-maintenance: You can follow them with your family, and you won't feel overwhelmed by cravings. If you can do that, you'll get results. But try to stay on a diet where you feel more isolated than a Yankees fan at Fenway Park, then chances are that the result will feel like the box-office numbers of a B-level horror flick—a miserable failure. Eating right shouldn't be about feeling bad. It should be about feeling strong, increasing energy, living better, feeling healthier, and having more fun than a front-row rock fan. It should be about eating without thinking and without obsessing about every forkful. Of course, we all have reasons for overeating or eating the wrong kinds of food (stress, boredom, comfort, five-cent wing specials). But our goal isn't just for you to make by-the-book food substitutions or come to grips with your Devil Dog demons. You should be grinning—not grimacing, grunting, and growling—as the inches melt away from your waist, and laughing as your lipid profile improves. You'll understand how, after we show you how the mind-stomach connection works by explaining how brain and belly chemicals control what the mind thinks, how the fork acts in your bodily orchestra, and how this relationship can become a cacophony in the wrong hands. So now that we're about to begin, you're probably asking, What are we going to do, and how are we going to do it? Well, we're going to give you everything you need to make a body change through a series of elegant and effective changes based on hard science that will stick with you for your life. Simply, this book will serve as your lifelong waist management, body-changing plan. Best of all, when you put it all together and integrate automatic actions into your life, you'll live by the principles you'll need to stay fit and healthy, so that you can achieve and maintain exactly what you're striving for: Your ideal body.