

AUDIOBOOK



THE BODY FAT SOLUTION

5 PRINCIPLES FOR BURNING FAT,
BUILDING LEAN MUSCLE,
ENDING EMOTIONAL EATING,
AND MAINTAINING YOUR PERFECT WEIGHT



TOM VENUTO

READ BY L. J. KASLER, WITH AN INTRODUCTION READ BY THE AUTHOR | UNABRIDGED



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Tom Venuto

The Body Fat Solution: Five Principles for Burning Fat, Building Lean Muscle, Ending Emotional Eating, and Maintaining Your Perfect Weight



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The Body Fat Option is Tom Venuto's complete program designed to help you lose body fat, build muscle, and keep the weight loss off for good. Venuto offers a sound plan that can help us place the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight once and for all. But we're not necessarily rational creatures when it comes to food. By now, we all know that people gain fat when we take in more calories than we burn. Instead, Venuto shows how to personalize a diet that considers your specific metabolism and calorie requirements. But The Body Fat Solution is neither super low carbohydrate nor super zero fat, and he steers clear of demonizing entire food groups. Guiding visitors to dig deeper, YOUR BODY Fat Remedy explores:- Why it really is so hard to balance calorie output with input- What prevents people from eating appropriately and exercising more- The emotional and emotional elements that sabotage success Tom Venuto reminds us that calorie consumption do count! Then presents workout applications to maximize the success of the diet plan which are fast and efficient, enabling you to quickly achieve your goal of replacing excess fat with lean muscle. Tapping into his years of training expertise and personal encounter, Venuto helps readers alter their relationship with food, empowers them to take charge of their lives, and delivers an application that claims dramatic and lasting results.



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The only way to fitness First things first -- I have to admit that I am a huge fan of Tom Venuto's "Burn the Body fat, Feed the Muscles" eBook. Actually, I was probably one of the original purchasers. Mr. As I female, I have more emotional eating issues than anything, and I want this. Implementation takes study, endurance and a calculator. In diet conditions, it's a full meal. Well, after reading this book I purchased BTFFTM anyways (since Tom has such an excellent viewpoint), and think they're a great pair TOGETHER. If you would like less "touchy feely" go with BTFFTM, if you want more opt for BFS. In order a public service, I'm going rectify this shortcoming by giving you the Quick Begin Guide the book should have opened with. Venuto's desire to teach "mental strategies before physical dynamics", I don't believe a fitness book must focus on 108 pages of inspiration. Anyone who buys the reserve is suitably motivated. Ultimately, staying motivated will be the problem, but in the start new readers just want to know what the program includes and how to get started. In addition, it shouldn't take 253 webpages to get to list of positive actions on the first time. Although I appreciate Mr. Then, read everything again. First, buy a precise scale, a calculating tape and a couple of inexpensive fat calipers. If you can't think of other things, start walking.. Boost your intake of lean protein, vegetables and fruit, and stop trying to avoid body fat. Third, start exercising every day. Measure your weight, waist circumference and body fat, and create them down. Finally, take body measurements often and adjust your daily diet and exercise routines accordingly. He talks about eating for emotional reasons, becoming tempted by over-eating during social occasions and essentially acknowledging and validating all the ways we keep ourselves back again from our fitness goals and he lays out a straightforward nutrition and fitness plan to keep carefully the all important caloric deficit maintained. Good. Now, go browse the book. Learn all the philosophies, refine the implementation and recapture any dropped inspiration. Learn why shortcut diets never work for very long. I once lost 45-50 pounds on the Body forever diet (which really really works) but at 35 I no longer give a \$%*! Find out the difference between calorie dense and nutrient dense, and put that knowledge to work. Learn exercise strategies that shorten workout period and increase effectiveness. enough to follow something so extreme. Some tips about what you do. I really believe that it is certainly the only complete approach to exercise and diet ever published, and that other fitness books are just pale approximations. Venuto's perspective is that people 1) hardly understand the nutrient content material of their food, 2) underestimate their calorie consumption, 3) overestimate their exercise output, and 4) are pressured by existence pressures to eat fast and pre-ready foods.. even experts get these wrong. Add a tendency to love counterproductive fast weight-loss schemes, and you've got an ideal recipe for poor health. No fluff here, if you don't want to hear the brutal truth, after that don't go through this. The main difference in TBFS that you can eat any food you want as long as you keep a caloric deficit, that you count calorie consumption (not nitpicky weighing, just approximations. I discovered a lot from the cognitive type therapy info in this reserve. To implement the dietary plan, you have to be willing and in a position to cook. It's not complicated, but this is simply not an easy food diet plan. To exercise you'll need a group of dumbbells and a bench, or you'll need to look for a gym. Ultimately being overweight is even more of an emotional issue than anything else. The message is simple -- you can find no shortcuts. The secret, when there is one, is to go gradually, build better behaviors and make fitness a lifetime achievement. This program is definitely a marathon, not really a sprint. The essential message of the book boils right down to this: Eat less and exercise more. Simplicity that works. The task for the present book was to provide the same details in more digestible type. BTFFTM is a good standalone, but offers much less emotional-psychological info and support. The down side of the BtF/FtM eBook is that it's very detailed. To

this end he spends an excellent part of the book authoring some of the psychological blocks that may hold us back and answers to those issues. That being said, BFS is probably the BEST and most balanced "diet" publication out there. Unfortunately, "The Body Fat Solution" is not completely successful. If you would like the most info you may get, get both. I really liked both of these, but this one is less stand alone than BTFFTM I believe (which I why I bought BTFFTM). I also do not recommend buying the Kindle version because you'll want to flip through and make reference to certain parts in fact it is too annoying to accomplish it digitally. This book is terrific and you will learn a whole lot about nutrition This book is terrific and you may learn a whole lot about nutrition, exercise, and how exactly to use your mind to be holistically healthy. I read and utilized Tom Venuto's first reserve from several years ago when I was competing. I love that book is geared towards how exactly to be as suit as possible atlanta divorce attorneys day "true to life". It really is still seriously interested in education and outcomes and you could take it so far as you wanted. He feels that that without the presence of every component, fitness fails as well as your health suffers. Simplicity That Works When I was reading medical journal reports about obscure metabolic chemicals and still gaining fat I realized that I was getting much in to the weeds and missing the forest for the trees. I have tried Body For Life, Esselstyn and the Paleo diet and while all of them have strengths, what We liked about Tom's approach is first the simplicity of the message and secondly the focus on the mental dynamics that are conducive to losing weight and how never to sabotage yourself. You'll get where you're going fast enough, however, not so fast that you will die on the way. By doing this you will generate a caloric deficit at which point you will eventually lose excess weight. No departing out entire food groups, no complicated concentrate on glycemic load or researching the family farm from which you get your chickens to the 2nd and 3rd era, or researching chemical substance structures of which types of saturated fats will create which thermogenic responses. Not the entire equation, but still really good I bought the Body Fat Solution because We had heard about Burn The Body fat Feed The Muscle mass and was apprehensive about buying an e-publication. No miracles, just facts. He does appear to lend credence to the actual fact that eating certain types of food are better than others and that the glycemic index dynamics perform play a part in nourishment but he often keeps the concentrate on the main major weight loss principle that is : maintain a caloric deficit. This message will be enough to keep someone from being frustrated by following other crash diets that may or might not work and get caught up in complexity and quit, but not quite enough to motivate them to accomplish it. The BFS gives more psychological info, but less of the nitty gritty numbers, food planning, and workout info. There's nothing radial here, and there's nothing to argue about. Got all of the that? I'll say that both programs are very identical. Another great point about the reserve is that he follows what he calls a 90% compliance guideline which if you are like me and finished with "extreme" diets is something that I think I could keep up. No meals is normally forbidden and you may slip up and overeat 10% of the time. To me that's what makes this "diet"/"life style" (whatever you intend to call it) reasonable for me for the long term. Learn why the all of the famous TV diet plan spokespeople generally gain their weight back again. And, finally, learn a large number of success strategies that may counter the tendency for your prior fitness efforts to fail. Many might find this concentrate on the psychological aspects of dieting and working out 'filler', but to me this was the heart of the book. Venuto's program are mental training, cardio training, weight training, nourishment and support..instead of BFL's even more approximate part sizings) and somehow the workouts appear to also be less intense. To me this is a realistic method for me to maintain a lifestyle. The main one weakness of the book I think is that the workout routines aren't

prescribed in enough fine detail/there isn't enough handholding there and I would have liked to see some more safety information on the workout routines especially the dumbbell shoulder press that because of bad form I completely damaged my shoulder (on another program years ago). That is ultimately my responsibility but think these styles of books will include that information because so many of the people tend not fitness aware. Body Fat book was good I bought the publication but like every other book, you need to follow it to accomplish results. However i really do reccomand this book. A great read and learning tool All of Tom's books are top notch ... way to loose pounds and keep it off once and for all. Thank you Tom has helped me personally find a SUSTAINABLE method to loose pounds and keep it all off for good. Thank you!!! Five Stars Extremely extensive book, well crafted, with practical advice on long-term body fat reduction success. Five Stars it really is helping me so much Actually that might be a lie I have looked everywhere . Second, remove all of the sugars, basic starches and grains from your diet. Don't feel poor;So okay it is. Actually that might be a lie I have looked everywhere I can't find this book even though I understand I read it and I cannot remember the content . Tom always says it enjoy it is Tom always says it like it is.The the different parts of Mr. In case you are truly fed up with trying to find it why your unwanted fat and feel just like a troll, after that thus giving the answer. The others is your decision. It's that simple, regardless of the hocus pocus of additional diets.



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