



Chocolate Cake for the Thighs - The Anti-Diet Book for Women: 101 Fun and Helpful Health and Fitness Tips

L. Kae Graniel

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Chocolate Cake for the Thighs - The Anti-diet Book for Women is obviously not another weight loss / diet book. If anything, it is closer to a self help book. True, there is a lot of talk about food, but that's because there is a lot of talk about food in your day to day living. You will notice the book makes meal suggestions but never offers recipes. It makes reference to meal planning but never offers a meal plan. And nary' a tip mentions weighing and measuring food or counting calories. Instead, the focus is on making choices that move you in a positive way without extreme sacrifice. It's time to say "no" to the yo-yo of perpetual weight gain and loss, and unrealistic diets that do not meet the daily needs of the average woman. Through observation, attention, journaling, and desire, any woman can achieve her ideal body. The idea is simple. Start today with the small things you can do that make a difference like a walk after dinner, (or any of the other 100 tips in the book) and see how quickly they positively affect and improve the way you look and feel about yourself. As you add things on, you will CONTINUE to maintain mastery over the previously chosen tasks. By cutting out bad food and lifestyle habits, one at a time, and adding beneficial physical and mental activities, one at a time, you are taking yourself successfully forward, step by step. This way, by the end of a year, you'll have improved the quality of your life by at least 40 actions! #1 Never eat ice cream out of the carton. or a cereal bowl. Use a teacup so one big scoop seems like a lot. #27 Whenever possible, eat your lunch "topless." You know when you order a sandwich without the top bread. Some call it "open faced" but it's called "topless" in my neck of the woods. Besides, it got your attention didn't it? #51 Look at the bright side. No matter how much weight you want to lose, there is someone out there who needs to lose more. Your current weight is probably someone else's "goa

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