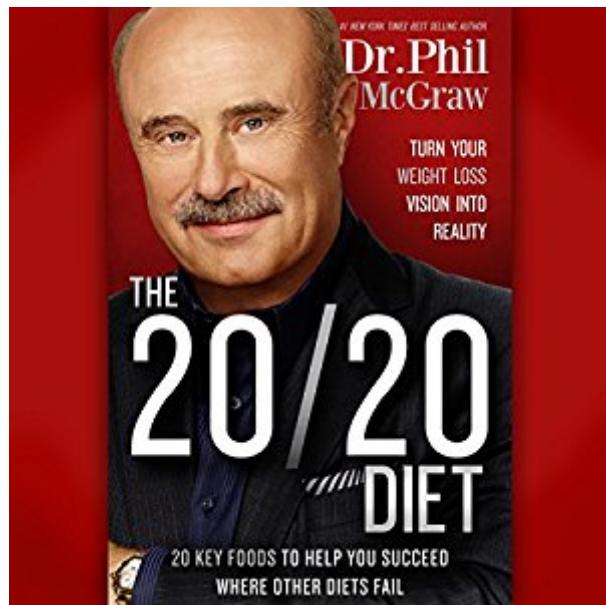


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# The 20/20 Diet: Turn Your Weight Loss Vision Into Reality



## **Synopsis**

In The 20/20 Diet, Dr. Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus. Then, he addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, The Ultimate Weight Solution. Dr. Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. In this diet, listeners will start by eating only 20 key ingredients, called the "20/20 Foods", which theories indicate may help enhance your body's thermogenesis and help you feel full. But that's just the beginning. This book explains why you haven't been able to lose the weight before, and empowers you with cognitive, behavioral, environmental, social, and nutritional tools so you can finally reach your goal, and learn lifelong healthy habits to maintain those results.

## **Book Information**

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## **Customer Reviews**

I hope this review is helpful, as this is the whole reason I am taking the time to write this. I did receive an advanced copy of this book, through another website, and am sharing my review on here as well. Let me start by saying I have read many different diet books, and this is in the top tier of them. Its informative and easy to follow. Basically, DR. Phil doesn't just tell you what to do and what results to expect, but he goes into detail on why. For me, understanding the reason behind things makes it easier for me to motivate myself. After reading this book, I shy away from less healthy foods simply because I can envision the damage they are doing to my body, and not just because I

know they are "bad". The major purpose of the book is to identify the foods your body needs to "fuel" itself properly. Basically, how to put super unleaded in your car, instead of cheap gas that overtime will break down the system. This is done in 3 phases. Phases: These 3 phases are two 5 day and then followed up by a 20 day. Phase 1 (days 1-5): "Boost" - You eat every 4 hours, increasing metabolism, with basic foods. Phase 2 (days 6-10): "Sustain" - Same pace, but now adding in more diversity of foods. Phase 3 (days 11-30): "Attain" - Same pace, but by now all foods have been added in. Foods: The approach to food is simple. Dr. Phil knows that we simply can not eliminate foods forever. So what he does is just have you "put them off" for amounts of time. This allows you the comfort of knowing you will eventually have that piece of cake or other goodie you love.

THE 20/20 DIET is a comprehensive guide to using the latest scientific research to plan your own personal strategy for success in losing weight. Dr Phil explains why other diets fail. He calls these blunders the "Seven Ugly Truths" about dieting. For example, diets often leave you feeling hungry. So guess what--you eat a lot. As another example, diets make you feel restricted in what you can eat--causing you to "rebel" against the diet. Once we understand WHY diets don't usually work, we can use the latest scientific studies to help chart our own program. The 20/20 Plan is a combination of sensible exercise with some very special foods--Dr Phil calls these the "20/20" foods. The foods in the 20/20 Diet are (naturally) called "20/20 Foods." They are selected because they tend to increase your metabolism--that's called the body's "thermogenesis." Secondly, these foods tend to "help you feel fuller when you eat them so that you feel satisfied." Finally, these foods have a "time-release" effect. That is, the full feeling lasts a longer time than with other foods. The 20/20 Diet plan is actually in three Phases: + PHASE I THE 5 DAY BOOST: Allow your body to adjust to the new dietary balance. This gets you going in the right direction, and is mostly a learning phase, so you can better understand your body's signals about hunger versus habit. + PHASE II THE 5 DAY SUSTAIN: Builds on the success of the first phase by adding some more 20/20 foods to the mix. This phase also emphasizes the "30-Second Burn Burst" exercise program. + PHASE III THE 20 DAY ATTAIN: In this phase your goal is to maintain the steady weight loss, and even add some dining out occasions.

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