



The Life You Want: Get Motivated, Lose Weight, and Be Happy

Bob Greene , Ann Kearney-Cooke

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The Life You Want: Get Motivated, Lose Weight, and Be Happy Bob Greene , Ann Kearney-Cooke
TAKE CONTROL OF YOUR WEIGHT AND CLAIM THE LIFE YOU DESERVE!

Bob Greene has helped millions lose weight and get in shape with his life-changing Best Life plan. Now Oprah's most trusted expert on diet and fitness teams up with psychologist Ann Kearney-Cooke and nutritionist Janis Jibrin to zero in on common barriers to weight loss success. Together, they will offer practical tips and explore the latest science on emotional eating and lack of motivation.

REWIRE YOUR BRAIN TO OVERCOME OVEREATING

CONQUER EXERCISE AVERSION

TAME YOUR SUGAR, FAT, AND SALT CRAVINGS

TRANSFORM YOUR BODY IMAGE

INCREASE YOUR HAPPINESS

While the basic principles of weight loss are simple enough, maintaining a healthy lifestyle can be a struggle. *The Life You Want* delivers the information and inspiration you need to overcome each obstacle—once and for all.

The Life You Want: Get Motivated, Lose Weight, and Be Happy Details

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Gloria says

I have read Bob Greene's other books as well, but this one finally feels real and sounds more like it is in his own voice. This is not about a specific diet or exercise regimen though there is good information included. Rather, this is finally tackling the barriers that prevent people from achieving goals. Very pragmatic and supportive, yet it has a "no more excuses" feel, too.

Manal Marghalani says

Amazing book ,resourceful ,so motivational&psychologically orinted
loved it sooooo much .

Stephanie says

have a hard time buying what he is selling

calorie wise but not healthy, needs less oil and meat.

Jen says

I really learned a lot about myself by doing the exercises in the book. It is one of the few times that I have journaled and taken notes while reading a book (you don't know me but I never do that).

I would highly recommend this book to anyone that has issues with food and/or exercise.

Theresa says

Great info on the practical and psychological areas of weight loss. Respectful, mature and realistic.

Robin Connelly says

Although this book does get into weight loss, as you can tell by the title, most of what is discussed in here is psychology. You learn how to find and keep motivation to do things, find time for happiness, and passion. They discuss how the past or the present or both may be affecting your health and how to deal with those issues. And how losing weight requires more than exercise and a change in eating habits. In many ways it

requires a completely new you to form. The book is interesting, with a lot of vignettes on different people who put this book to practice and lost weight, developed a happier life. Not a bad read if you want something that doesn't dictate to you but advises you.

Helen says

This book is definitely written for people like ME - emotional eater/junk food addict. It definitely helped me understand why I struggle so much with giving up bad eating habits. I appreciated how the authors described why we are wired with a sugar-, fat-, salt-loving brain, and that it is possible to rewire our brains. It's work, but it's possible! So instead of beating myself up for maintaining the same old dirty habits, I can motivate myself to keep doing better, and one of these days, saying "no" to junk food won't be as difficult as it is now.

Favorite quotes:

"In most cases, the biggest barriers to losing weight and keeping it off are related to the way you think, how you feel, and how you manage your life."

"The majority of people who succeed at weight loss have the same built-in inclinations and susceptibilities as you; they've simply been able to overcome them or at least manage them. And not because they're superhuman. Most of them have successfully changed what gives them pleasure and increased their tolerance for discomfort because they've changed the most important thing of all: their minds."

"When you know which foods you should be eating but can't seem to do it, it's often a sign you need to increase your resources or decrease your demands."

"The goal of this plan is to break the old habits--eating too many high-calorie foods--and create new, benign, or healthful habits. Because the pathway in the brain from trigger to treat is well worn, and, literally, the path of least resistance, breaking the habit may prove tough. You'll probably slip up here and there; that's a normal part of the process. Keep at it, and you'll find that you're giving in less and less and feeling more and more in control."

Julie says

Parts of this I read every word and parts I skimmed (like the part for people who don't like to exercise since that's not my "issue"). There were some helpful activities I plan to try, but I didn't walk away from the book thinking oh my gosh I have the answer now!

K. East says

Nothing new here if you are a reader of other nutrition or exercise guides, but it is thorough and readable. It would be a better choice than most for people confused by why their yoyo dieting doesn't seem to change anything.

Kathleen says

There are a lot of great tips and inspirational thinking in this book. My big issue with it is the excessive focus on solving emotional problems. There's the implication that when emotional problems are solved the weight will come off. First off, I reject that the premise that obesity comes from some psychological issue. But -- and this is even more important -- it's not necessary to *solve* psychological issues in order to lose weight. Eat and move like a thinner person and you will lose weight, even if other issues remain. My concern is that people with weight to lose end up with an excuse for postponing it with the popular misconception (spread in this book) that they need to come up with The Big Cause of their excess weight before going after it.

Erica says

No earth-shattering revelations here folks... Same old, "You eat too much, so start a good diet and exercise more" book. I GUESS it could be motivational for some. ;) -e

Becky Schulman says

Nothing really new - emotional eating, finding motivation, etc. Personal stories added to my enjoyment and my connection to the content.

Kate says

If I could, I would give this book 3.5 stars. This book is great, but it is designed for a very specific demographic. I am not really someone who struggles with my weight or has had life long "weight issues," and that is the kind of person this book is for. It is not what I was looking for. Although it is motivating and has some good information, this book is more therapeutic for someone overweight with no background in exercise and is really starting at square one.

I wouldn't recommend this to just the average person trying interested in losing weight. For me, it was not a lot of new information. This book would be great for somebody who had no knowledge of how to eat right or healthily, how to exercise, and had serious body consciousness.

One neat this was that it had worksheets in the back of the book to use as you read the book, but I never used them since they were the same things I was already doing with various websites.

Catherine says

No big revelations in this one. I was hoping for some inspiration to keep pushing me to my goals, but I felt like it was very dry.

