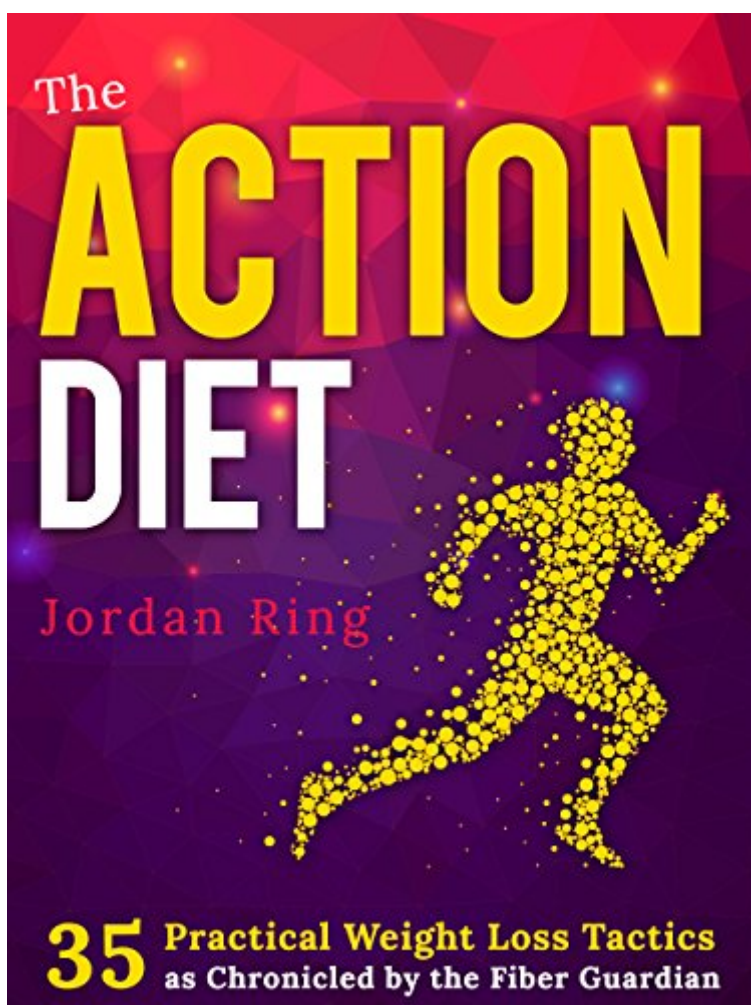


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# The Action Diet: 35 Practical Weight Loss Tactics As Chronicled By The Fiber Guardian



## Synopsis

Are you unhappy with what you see in the mirror? Do you want to get in better shape? Are you looking for healthy ways to keep off those extra pounds? Well, then this book is for you! By following the advice within *The Action Diet*, you will learn practical tips and advice for incorporating healthy habits into your daily life. Weight loss is about taking action and taking control, and this book will help you do exactly that. *The Action Diet* is a lifestyle guide full of weight loss tips and an easy-to-follow success story. Taking action is one of the most important steps to weight loss. It's one thing to read about the success stories of others, but it takes action to see results. Each of the 35 weight loss tactics found within this book is accompanied by the author's own experience, the benefits of the tactic, and a practical how-to. What can you expect to find within the pages of *The Action Diet*? The author's personal experience with weight loss, weight loss tactics in relation to food, exercise tactics, ways to reduce your stress, practical tips to help you with along your own weight loss journey, as well as a scoreboard to help you track your progress. If you're ready to take ACTION, and really OWN your weight loss journey, this is the book for you. This book, in its simple and practical approach to weight loss, will deliver the personable and relatable guide you've been looking for. Ready to take action? Purchase this book, and start your journey.

## Book Information

File Size: 3473 KB

Print Length: 170 pages

Simultaneous Device Usage: Unlimited

Publisher: Jordan Ring; 1 edition (April 7, 2016)

Publication Date: April 7, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01DZ5K3CQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #556,537 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #53

inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #1317 inÂ Kindle Store > Kindle eBooks

> Health, Fitness & Dieting > Personal Health > Women's Health #2270 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

My search is over. This is the best book on how to lose weight that I have ever found. I have read a lot of them and was tired of all the hype and claims and sales pitches to buy their products. This book is filled with practical down to earth advice on all aspects of dieting and exercise and how to do it. The Kindle version also has several links to additional helpful information and tools. The fiber plan is easy to follow and the tips learned from the authors own experience are very useful. The added adventures of the Fiber Guardian make this even more of a good read. The author comes across as a friend who truly wants to help you succeed.

I enjoyed reading this short book very much. It's exactly the kind of self-published book I treasure: based on personal experience, relatable, practical and full of common sense. As usual, I will start with the shortcomings, as I see them. All two of them. First, I found the list of weight loss tactics tiresome, especially the long list of benefits attached to each of them. I think my problem was that I knew most of them. I also felt they could have been better ordered; sometimes some minor points were right in the middle of something really impactful. However, the author was quick to advise not attempting to implement all, or even most of the points. I recommend you read the book till Tactic #5, then read introductions to each of the further section, and study the Table of Contents. Pick one tactic only "perhaps two" from the further sections and try to apply them. Finish with Section 5 which summarizes the book and is definitely worth reading. By the way, The Action Diet can serve you as a guidebook in your weight loss. Once you successfully implement one tactic, go back to the book and find another tactic you can implement in your life. Habits science Secondly, the book is a little shallow on the subject of habit formation. Jordan advises having fun "as a way of avoiding boredom" as a remedy for inconsistency. While it's not the worst advice I've ever had, it's not also the best. In today's instant gratification world, I can easily imagine the allure of one interesting weight loss activity after another. Isn't this the reason why people chase new diets all the time instead of focusing on something that really works for them over a long period of time? But if you chase multiple targets, you'll never develop lasting habits that could provide your desired results. Practice, not theory On the other hand, Jordan's lack of knowledge in this regard only proves my gut feeling: you don't need to know the science

behind habits to apply their power in your life. Charles Duhigg's claim was that knowledge about habit science helps manage your habits. Yeah, maybe, but this knowledge is not necessary. Jordan didn't use any of elements of habit cue, but he nailed breaking bad habits (Tactic #28). If you are a practitioner, you know what works through experience and the theory of it is less important. In theory there is no difference between theory and practice. In practice there is. "Yogi Berra heard about some elements of habit science almost a year into my transformation. Apparently I did some things in complete opposition to the recommendations of authorities, such as developing multiple habits at a time, or agreeing to big commitments instead of small ones. And yet I succeeded. A small amount of practice is worth a big mountain of theory. End of reservations. This book was a blast. First of all: I've already lost excess weight and I appreciate the wisdom condensed in 'The Action Diet'. From 'you cannot outwork a crappy diet' to 'stress is an enemy', Jordan confirmed my experiences many times throughout the book. Of course our experiences differ slightly. But the basics are the same. Eat less, move more, activate your thinking, don't just blindly rush and, over all, stay consistent. As our stories prove, it's an effective approach. It's so down to earth that you can smell the mud I struggle with explaining High Intensive Interval Training almost every time I mention my workout routine. Jordan found a perfect illustration that can be grasped by a five year old: 'If you end the minute and you can still talk to someone in a full sentence without taking a breath, it's time to up your game and push yourself harder.' It might be a stroke of genius, but I'm more inclined to think that he simply is a genius, as well as a superhero. Simplicity! I very much enjoyed the beginning of the book, because it so simplified weight loss. Focus, drink water, eat fiber, lose weight. End of story. Well, not exactly, but if you enact that strategy every day and apply Jordan's advice, you will experience results very fast. It takes all the headache and guesswork from weight loss, rightfully so. If common clueless guys like Jordan and I can do it, everybody can. The nutrition and fitness industry is making simple things overly complicated, because in today's noisy marketing world you need to shock to be noticed. However, receiving a shock doesn't mean you'll get results. Use common sense. You can take the first four chapters, apply Fiber Guardian's simple advice and go back to the book for more techniques in 3 month's time. Implementation I like Jordan's emphasis on implementation. He instances 35 techniques, but suggests it's unwise to try all of them at once. Some of them will definitely not be suitable for you. For example, I don't enjoy walking and passionately HATE running. Fiber Guardian's answer: explore all the options on your own, test them and pick those that

provide the best ROI. Weight loss is never about reading, it's about doing. Our superhero gently encourages you to take action throughout the whole book. He even dedicates the whole last section to this very issue: applying what you've learned. Surprisingly, I really enjoyed the short inserts of Fiber Guardian's story at the end of particular chapters. Usually I despise fiction in non-fiction book. I am so to-the-point that it borders boring. I've never understood people who enjoyed "The Richest Man in Babylon" or "The Greatest Miracle in the World" and I hated the guts of Robert Kiyosaki when I discovered that "Rich Dad, Poor Dad" was a fiction story. But fiction inserts in "The Action Diet" are humorous, short and relevant to the content. They improve the book and brought me closer to the author. Who doesn't dream about becoming a superhero? In summary This is a solid book. It not only will show you what to do and how, you have the whole Web full of info. It will show you a role model, a guy like you who has done what you want to do. Jordan is approachable. You can reach out to him or simply lurk on his blog which is full of resources. There is next to no hype in "The Action Diet" and a lot of sound advice and wise encouragement.

Not pages filled with medical jargon, or loaded with condescending warnings. Easy, encouraging read as Jordan tells about his journey to regain optimum health. I wanted to walk to the grocery store and buy a coconut when I finished. He's given me some encouraging advice and I believe I can do this.

A down-to-earth honest look at his own struggles with weightloss and how to overcome them. Very helpful to have all the tactics that work grouped into one book so you can pick and choose which ones you want to implement. Great read.

Simple practical and easy to follow ideas that, although may seem obvious, are so easily overlooked and, more importantly, known but not used. This book gives you the gentle kick when and where we need it

Lots of not obvious good advice!

Health coach/author/nutritionist Jordan Ring is the owner and creator of Fiberguardian.com. He is obsessed with the high fiber diet and is currently in the best shape of his life. He believes in taking action and taking accountability for his own choices, and has made it a life goal to share his ideas

with the world. Thus we have his book *The Action Diet: 35 Practical Weight Loss Tactics* as Chronicled by the Fiber Guardian. In a near cheerleader style of writing Jordan relates his own weight struggle, how he overcame it, and now offers this no-nonsense book that will serve the reader committed to life changes to shed blubber, learn about nutrition in more ways than imaginable, and in the end shakes a big stick in his magisterial manner of teaching us to take responsibility and make the changes he recommends that have worked for him. From his book we learn the following:

The first section of the book will give you an introduction to who the Fiber Guardian is and how he came to be. It will also discuss the first tactic, which is all about focus. I hope you'll be intrigued enough to stick around for the rest of the ride. Section two covers food-related weight loss tactics, the most important of which is upping your water intake. Beyond the basic need of water, we all must eat in order to keep on living. Choosing what types of food to put into your body is very important. The choices we make about when to eat or how much to eat directly impact our waistlines and ultimately our lifespan. This section discusses a multitude of tactics that you can use to eat better, such as eating high fiber foods, waiting before filling up your plate again, or trying new foods to keep things interesting.

As mentioned above Jordan emphasizes his own struggle with excess weight - Here is how I started and how you can start too: Go to the store. Find a fruit you like. Find a veggie you like. Buy them. Eat them. Find an exercise that you like. Exercise more often. Sound simple? It can be if the remainder of the book is followed.

He writes in *tactics*:

- Focus, Drink More Water, Try New High Fiber Foods, Focus on Fiber, Discover Healthy Foods That you Enjoy (and Eat Them!), Make Dinner at Home, Wait 5 Minutes Before Getting Seconds or Dessert, Include Something Healthy in Every Meal (No Matter What), Reduce Added Sugar Intake, Increase Protein Intake, Always Have Frozen Fruits and Vegetables Readily Available, Occasionally Eat the Treats You Love, Bring Healthy Snacks to Work, Have Another Cup of Jo, Find Something Active That You Love to do, Walk Everywhere That You Can, Train for a 5K, Lifting for Weight Loss, Interval Training, Bodyweight Exercises, Use a Standing Desk, Practice Yoga for Stress Reduction, Kick Boredom to the Curb and Find a Hobby Tactic, Get Involved: Find a Project, Sleep The Right Amount, Breathe Deep and Meditate, Find Fido (Get a Pet), Get Rid of a Bad Habit!, Drink Tea, Listen to Music, Set a Crazy and Insane Weight Loss Goal, Take Action and Choose your Tactics!, Create a Scoreboard to Track your Progress , Find an Accountability Partner, and Constantly Evaluate Your Status.

You will find that exploring each of these tactics will be not only inspirational and challenging but off the "I can do that" attitude. This is a very worthwhile book. Grady Harp, April 16

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