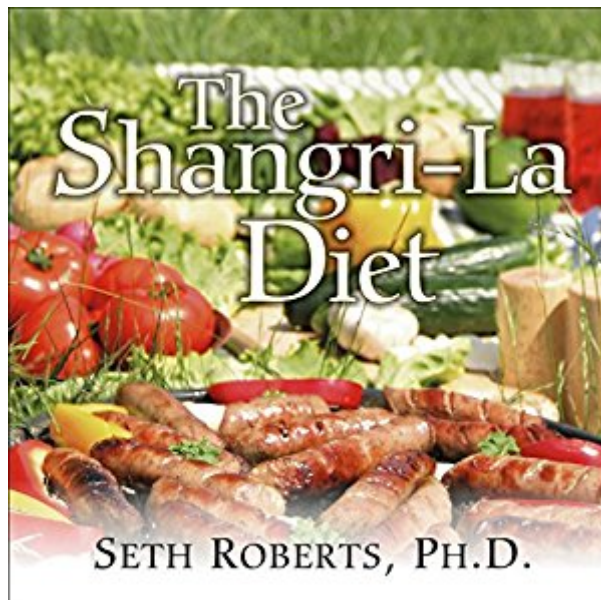


The book was found

The Shangri-La Diet



Synopsis

Psychologist and professor Seth Roberts has spent years analyzing why most diets don't work. A maverick with a curious mind, and a yen for self-experimentation, he started by asking a simple question most experts haven't tackled: What makes us feel hungry in the first place? After scouring the scientific literature and tirelessly testing various theories and practices, Roberts hit upon a simple, effective strategy for controlling the body's internal "set point"-that is, the thermostat that controls weight gain or loss. In lowering his set point, Roberts was able to lose thirty-five pounds in only three months, and he has kept it off for five years. With the publication of this unique and groundbreaking book, Seth Roberts's program will be available to anyone who wants to lose weight-a little or a lot-and keep it off. The Shangri-La Diet includes specific instructions for tailoring the program for individual needs and goals, as well as expert tips, variations, success stories, and an illuminating explanation of how Roberts devised the diet and why it works so well. A diet program simple enough for anyone to try, The Shangri-La Diet has the potential to radically change the way we think about weight loss-and deliver remarkably easy, sustainable results. --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

UPDATE 12/28/2016I wanted to write a final update on how the method is working for me since I started using this technique. I am happy to report that since I started the diet (10/31/2015) I continued to loss weight steadily, and I am well on my way to reach my weight goal.In a nutshell, what the SLD method does for you, is that it will make you feel a lot less hungry. When I started,

after a couple of days in the diet, I would feel bloated as a blimp after one of my regular meals. So I cut down on food (which actually is the point of any diet). Then I realized I could get the rid of all the foods I knew were bad for me without feeling deprived or extremely hungry. What the "eat what you want" bit implies is that you are not restricted to eat certain foods, leave alone, having to buy special dieting foods (which will save you a ton of money). You can eat what you want and your body will do the regulation; If I over-eat, I'll feel bloated all day long. Another perk of the "eat what you want" is that you can treat yourself a few times per week to a very nice meal at a restaurant, and I suppose there's less risk of a weight rebound compared to, let's say, a diet that bans bread. Now, the diet requires that you drink oil in a regular basis. I was concerned about that fat (and its associated risks), but then I realized I was getting every day the same amount of fat from cheese. Hence, cheese and all dairy checked out of my fridge. Also, has been very accommodating to my SLD requirements, since their online price for Flax Seed Oil is unbeatable =) As far as results, I've lost a lot of weight: after nearly 14 months, a bit more than 50 pounds. It is an impressive mark, but note it took me time and also effort - as I lost more weight, I had to increasingly do more exercise and be more strict with the food I ate in order to keep a good weight loss rate. I suppose even an easy method like this one requires some commitment. I've lent the book to many friends and colleagues, and, well, the guy who had some success with it was the one that actually followed-through with the advice. Conclusion? I would say this book will provide you a technique to lower your hunger levels. I have a trick to effectively arrest those food cravings whenever I feel like wanting go back my old ways. So the information is good, but it is not a magic potion. You still have to do the legwork. You have to be committed, and reading the book may be the start for you as it was for me. Are you up to the challenge?

So I have only done this for a month. It worked from the very first dose of olive oil. My appetite was virtually eliminated- I could have skipped every meal, but I didn't. I skipped breakfast, had a very light lunch (like a boiled egg) and a smaller than usual dinner. I guess the title is technically true- you could eat anything, but what makes this diet effective is that you don't WANT to eat anything. It also eliminated my cravings for coffee and alcohol. I lost 7 lbs in a month and since I only weighed 120 at the beginning (I am 5 feet tall), this is significant. To be honest, I don't really consider this a diet- its more of a diet tip- but its the easiest thing I have ever tried to lose weight. Whatever it is, I am grateful I ignored the skeptic in me and tried it.

I look at SLD as a tool. I lost 84 lbs on another "diet". I had 8-10 pounds left to lose. Someone

mentioned SLD. I was doubtful but read the book. I lost another 12 lbs that I didn't know I had hanging on.

Not sure why this works but it reduces appetite; it's safe, easy, and interesting. Also check out the author's blog, with daily posts about health: [...]

I buy the idea that the human body has a "set point" that shuts off hunger and appetite. But I found it hard to accept that a little extra light olive oil could affect this "set point." On the other hand, what could it hurt to try? Olive oil, after all, is pretty good for one! As the author did, I am carrying out a personal experiment. Using extra light olive oil (the author also discusses an alternative), taking 2-3 tablespoons one hour after and one hour before my next ingestion of something with "taste," I find that I have lost about 6 pounds over the past couple months. I just seem not to be that hungry and to feel "full" fairly quickly with a relatively small amount of food. Not dramatic, but suggestive? More interesting. . . . For a period of two days, I accidentally took extra virgin olive oil instead of extra light olive oil. And I ate at my old level (too much!), much more than when I was on extra light olive oil. Now that I realize my error, I'm back to extra light. So, what is my conclusion? I don't see why extra light olive oil should affect any "set point." However, it has seemed to work for me. So, whether it is placebo or actual, I will continue with the Shangri-La Diet! [Postscript: I have seen a few of the critical reviewers of this book comment that while they might not feel so hungry, they eat as much as before. Indeed, when I go to a restaurant, for example, I feel "full" fairly early, but can and certainly do eat all that I have paid for. However, I don't think that this is a problem with the diet--it is an issue of the individual's willingness to stop when full. If one does not stop eating when full, that's not the diet's shortcoming. It's on me if I eat past the point where I'm full, not on the diet.]

This tweak just makes sense. I've tried it successfully in the past and plan on adding and keeping this tweak for good. There is no denying that the appetite suppression is there. And for ME, that is what I need to make better food choices. I remember my problem being that it worked a little too well, and I'd end up not eating enough. This time, I'll adjust the oil accordingly.

About five days into trying the diet described in this book I texted my mom "This is a game changer, I am not even hungry!" The book provides a logical, entertaining and thorough description of the strangest, easiest diet system ever.

An interesting theory greatly explained, good tips, material and how to start. I tried the diet for several months and I felt amazing!

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