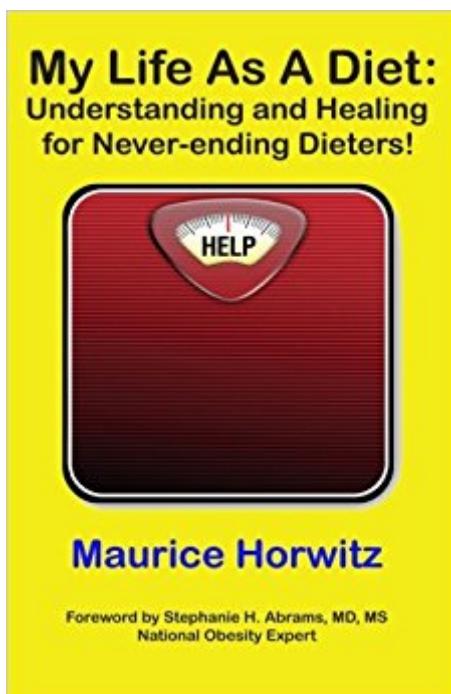


The book was found

# My Life As A Diet: Understanding And Healing For Never-ending Dieters!



## Synopsis

ARE YOU:overweight or obese?dissatisfiedÃ  when you see yourself in a mirror?always dietingÃ  and cannot maintain your weight loss?unhappy and exhaustedÃ  from your constant weight loss struggles?feeling aloneÃ  in your war on weight?Ã  IF YOU ANSWERED, "YES" TO ANY OF THE ABOVE QUESTIONS,THEN YOU NEED... "MY LIFE AS A DIET"Ã  Ã  FACT:Ã  The latest statistics show that 69% orÃ  two-thirds of the adults in the United States is either overweight or obese.FACT:Ã  OverÃ  one hundred million people in the United States diet each year, typically making four or five diet attempts during the year period.FACT:Ã  If you are overweight and constantly dieting,Ã  you are not alone!Ã  The book,Ã  My Life As A Diet: Understanding and Healing for Never-ending Dieters, is a gift of hope for all never-ending (yo-yo) dieters.Ã  Ã  Maurice Horwitz shares his heartfelt understanding of theÃ  harsh realities of being fatÃ  and living with a diet mentality throughout his entire life.Ã  Ã  Ã  Through his candid words you quickly realize that they are not alone, thatÃ  someone truly understands and cares, and most importantly helps you to recognize that there is hope in theÃ  lonely world of being fatÃ  and never-ending dieting. In sharing his powerful,Ã  transformative healing planÃ  you are givenÃ  simple stepsÃ  that will have you waking up with a smile, feeling a renewed passion for life, believing in yourself, and most importantly acknowledge thatÃ  you are perfect no matter what you weigh.Ultimately this shift in your psyche will allow you to accomplish anything you desire, includingÃ  permanent weight loss. Maurice inspires you to heal and to unlock and live their dreams and aspirations. Hope is here.Ã  You are not alone!Ã 

## Book Information

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## Customer Reviews

What a wonderful resource for life-long dieters. Whether you are morbidly obese or simply always trying to lose weight, this little gem will give you inspiration. It is uplifting and wise. Read the book!

~Andrea Katz of Greatthoughts.com My Life as a Diet: Ã ª Understanding and Healing for Never-ending DietersÃ ª is a must read for everybody. Ã ª This is a quick read, is superior memoir of a most remarkable man, and provides you with an easy guide to happy living. The steps are easy and they work for me. The author's simple suggestions have brought me self acceptance. Ã ª By following Mr. Horwitz's suggestions, I am quickly learning to detach from negative and critical thinking that has torturedÃ ª me most of my life. Instead of fear and worry, I now experience being in love with myself, and everyone around me. Thomas Lembo, Chicago Finally, here is a book that serves as a companion to the life-long dieter! At last, the reader will discover a comrade who understands and comforts. This book guides and empowers life-long dieters to discover their strength, ability, and courage. It is time for life-long dieters to unite, and this book is the perfect platform. --~Stephanie H. Abrams, MD, MSA

This book is an excellent exploration of the topic of dieting from a kind and evolved point of view. The author's voice is sincere and comforting. The writer's honesty and openness creates an inviting experience that even non-dieters will enjoy. --~Kate Harkins, Style Editor This book is an excellent exploration of the topic of dieting from a kind and evolved point of view. The author's voice is sincere and comforting. The writer's honesty and openness creates an inviting experience that even non-dieters will enjoy. --~Kate Harkins, Style Editor

The book is for people struggling with weight issues and "anyone"Ã ª wishing to change their life for the better.Ã ª Maurice Horwitz shares his simple yet powerful, transformative plan of healing with you.Ã ª With personal commitment and a little patience, the plan will guideÃ ª you to a treasured state of happiness no matter what you weigh or what obstacles that you are facing in your life.Ã ª "My Life As A Diet" is Maurice's gift to the world!

This book is amazing and a self-help work of genius. Mr. Horwitz is an extraordinary man who shares his very personal life struggle with obesity and related health issues (including cancer), and turns his miseries and life around by developing a healing plan for himself, leading him to a state of

self-love and happiness. His book is the result of his realization that one of his life missions is to share his story and transforming healing plan with others who have struggled with obesity, yo-yo dieting, and poor self-esteem. And the result is a masterpiece! The words on the pages of this book are the pure heart and soul of the author. Horwitz writes with a brutally honest passion that reaches out touching your heart, making you quickly recognize that you are not alone, and that someone truly understands and cares about you, and your struggles. I shed tears in grasping this understanding for myself. I realized that I was holding a true friend in my hands. In sharing his healing plan, Horwitz' words hold your hand, envelope you with a hug, and guide you to a state of hope and happiness through the use of intensely personal and beautifully powerful affirmations. After years of feeling hopeless and like a failure, I feel that I have been brought out of the darkness of existence and into the light of the living. Though this book is written for those of us who are obese or overweight, this books' inspiration and plan will help anyone with obstacles in their life that they wish to overcome. I hope Mr. Horwitz and his book get the attention and recognition they deserve -- this book is truly incredible and can help so many suffering with a myriad of life struggles. It has changed my life. thank you Mr. Horwitz.

After reading this book I knew that the author was telling my story using words I could never write or speak. I started gaining weight when I was age 5. My parents took me to every doctor and I started my first diet when I was 5. I can still remember to this day how my father watched me eat. I have had several traumatic events in my life. At one time, I was seeing a psychologist, certified eating disorder, and a psychiatrist. I will never forget the first thing my psychologist said to me: Was I trying to kill myself? I was confused. Food had always been a friend, not an enemy. I tried every diet there was and when I lost weight, I rewarded myself with food. Through the help of my therapists, friends and family, and now this book, I realize that I matter! I am important! Saying the affirmations divulged in this book every morning and evening, ensures that I am positive with a positive feeling. I have now been able to find my voice. God bless you Maurice Horwitz.

I am a lifelong dieter who gained weight as a child and could never get it or keep it off. My self-esteem was in tatters by the time I was an adult. Every aspect of my life seemed to revolve around dieting. I read encouraging books, attended weight loss seminars, saw professionals, ever in search of a means to make the encouragement I had heard from others stay with me, but somehow it never did. But I never gave up. When I discovered Mr. Horwitz' book, I expected nothing in particular. Instead, I received a gift like none other! I felt as if I was reading about a friend's struggle,

so much like my own. After reading the book and opening myself to its positive message, I have new faith in my own ability to overcome the past and its self-defeating patterns. Thank you, Mr. Horwitz, for sharing your story and its complexities with us. I can say honestly that I have been changed for the better by having read it.

Mr. Horwitz has written a powerful and far-reaching book. After being an obese child, I decided that food was the enemy and lost 80 lbs. at 14 years of age within a three-month period. Over my adulthood, I have prevented myself from regaining weight by regular purging after meals. I didn't understand that just because I was no longer obese that I had been frightfully changed by the experience of obesity. When I purchased *My Life As a Diet*, I intended to give it to an obese friend. Certainly I didn't need to read it -- I wasn't fat anymore! But I picked it up and started reading. I didn't expect to find myself there but I did. Mr. Horwitz shares his story with frankness and compassion. Just as important, he provides readers with a sure-fire way to beat the fat mentality--.(Or the low self-esteem mentality - or the insecure, fearful mentality that we, the formerly fat, have lived with all their lives.) I knew that something was out of whack with me for decades after losing weight but was unable to understand what it was...until now. The book was a wake-up call for me. I would recommend it without reservation, not only to obese people and formerly obese people, but to ANYONE who feels ready for a major improvement in outlook and self-esteem.

The affirmations in this book were extremely powerful! I feel the affirmations can be applied to any personal demon, not just those of never ending dieters. I enjoyed the personal stories that prefaced each affirmation section. I know this book will be a great resource for the many struggling with self-esteem and never ending dieting. I thoroughly enjoyed the book and know you will too!

This is not a diet book! Author Horwitz presents a simple, easy plan to transform my challenges into an opportunity to improve the quality of my life by being present to what is and changing the way I think. Reading this book and following the suggestions has quickly brought me to a greater awareness of my self and how to live a more focused, peaceful life. It works for me and it will work for you. In part a mini memoir that brings greater understanding of how to be happy while dealing with obesity, cancer and other life threatening diseases. I recommend the book for everyone... no matter what is happening in your life.

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