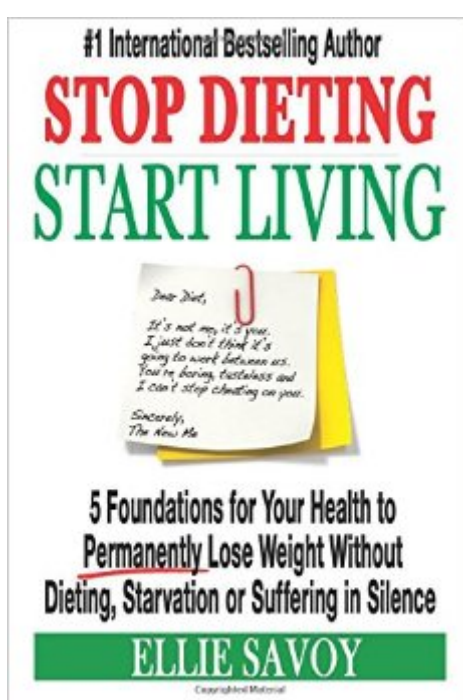


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# Stop Dieting Start Living: 5 Foundations For Your Health To Permanently Lose Weight Without Dieting, Starvation Or Suffering In Silence



## Synopsis

Learn How To Break Free From The Struggle of Excess Weight Without Surgery, Sacrifice or Struggle Discover the real secret to lose weight fast and keep it off! Stop Dieting Start Living is a simple guide that will help you break free from yoyo dieting through focusing on health and not weight loss. This book is not another diet book or a book full of recipes, or even a push for only eating nutritious food. Instead it focuses on our inner relationship with food, our bodies and our health. Do you think you only have two options when it comes to excess weight? Either be on a diet, or live with the excess weight? That was Ellie too. In Stop Dieting Start Living: 5 Foundations for Your Health to Permanently Lose Weight Without Dieting, Starvation or Suffering in Silence author Ellie Savoy explains the "Powerful 5 P's for Permanent Weight Loss" and finding freedom from food. Priorities. Pretending. Perception. Plan. Passion. This eye-opening book pinpoints the real reason diets don't work and offers simple solutions to help the reader enjoy a healthy life and body. We don't put the wrong fuel in our cars so why are we putting the wrong fuel in our bodies? If you follow this process, this can and will work for you, too! Bonus materials available to help you further are found at <http://DietFreeandHealthy.com/bonus> and can be accessed for each chapter and implemented right away. Grab Your Copy and STOP DIETING and START LIVING TODAY! To learn more about Ellie Savoy, Board Certified Holistic Health Coach, visit <http://EllieSavoy.com>

## Book Information

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## Customer Reviews

Ellie Savoy is truly a GIFT giver. She has given so much back to me that I felt compelled to buy,

read, and review her book. I hope that after reading this book you too feel compelled to review and share it with someone else. I knew this book was meant for women, but after reading the first chapter I found myself relating to her story. I too sometimes find myself "juggling too many balls", and my body takes the punishment for it. As I kept reading I felt myself answering the questions she was asking. Chapter 2 - 'There Will Never Be the "Perfect" Time' hit me square between the eyes. It seems that many times in the past when I needed to make a change it never came at the "right time". My last weight loss came because I too was having health challenges. I was forced to make changes in lifestyle and eating habits. For me, it was realizing that too much gluten and histamine in my diet was creating a big problem. The other part was an old injury that I had not been taking care of was acting up at the same time. It was during this time that I made a "mental change in my life" Constantly re-evaluating what is important in your life can be difficult. What I liked about Mrs. Savoy's approach was her worksheet from Chapter 3. When I receive an actionable item from someone that I can implement right away then I tend to continue with the program. Ellie's chapter on changing your perception was something I did a while back when I first started struggling with my weight. I thought I had to work out a lot because I was a former collegiate athlete. My body was programmed from years of training that no matter what I eat I could still look and feel good. We all know that as we age that changes. What I had to learn was the fact that controlling what goes in your mouth is more important than how much you exercise. As soon as I changed this perception I started finding more success with my weight goals. Part four of Mrs. Savoy's book talks about developing a plan. My wife and I have been developing a plan like this every year since our twins were born. Over the past 2-3 years we have planned to move away from processed foods more and more. We have even taught our twins to look at labels and if they couldn't pronounce the ingredients then they were not going to buy whatever "food" item it was. They now know that there are a lot of chemicals in many American food items. Ellie points out that in the U.S., there is a real food quality problem, and we have allowed too much processing and modification to happen. I am afraid of what the long-term effects of this will be for our bodies and those of future generations. We have made the change for our family to as many organic and natural options as possible, and adopted the phrase, "pay now or pay later with your health"! So many people need to hear Ellie's message. I hope that you will join me in helping spread her GIFT to the world.

• Stop Dieting and Start Living • by Ellie Savoy is a no nonsense, positive interactive coaching program you can utilize from anywhere in the world that takes each person as an individual back to being grounded in all areas of their life. Live your life by design and not by default.

Learn how to enjoy the now rather than maybe someday I will feel like a whole person again. Ellie has riddled her book with simple aha moments that improve your perspective on healthy ways to care for yourself and your family that are nurturing, positive outcomes with ease. A must read to start living now, free from whatever has been keeping you from a real, satisfying life. Audrey Citron, Nutritional Consultant Seattle, WA.

This book really brought home the hidden issues we all face regarding our diet and dieting in today's society. The author addresses the internal and external issues that keep us unhappy with our weight and ourselves, from our hectic life, poor eating habits, old patterns, and the problems with the current food sources. I liked the fact that this book is much more than another diet book or a push for only eating nutritious foods; instead it focuses on our inner relationship with food, our bodies, and our health. The book contains lots of helpful tips and information, including bonus materials that can be accessed for each chapter. Well written and an enjoyable read. I highly recommend.

Ellie Savoy's message is an important one for women. Understanding and addressing our primary needs so we don't use excess food or junk to fill the gaps is the foundation for taking care of ourselves. Savoy's step-by-step exercises and guidelines in Stop Dieting, Start Living make it easy and do-able. Thanks, Ellie Savoy!

Highly recommended for anyone, on diets or not :-). Ellie Savoy has written a book essential for all of us. She's like your very best friend guiding you with love and kindness. I haven't needed to be on diets myself so I can say that this book sparks a new perspective that anyone will benefit from. She presents both the thoughtful and the practical on the essence of life itself. Ellie shares her story in a compelling way and has really brought to light the simple yet so important reminders to value our body, mind, and spirit and to be conscious of the decisions we make every minute of the day. Thank you Ellie for so many insights!

So many diets are only resulting in an everlasting battle against our cravings, our willpower, our body, and ultimately our health. Ellie Savoy's holistic approach on how to permanently lose weight is way different! She focuses on what our body truly needs to be healthy. I love how she is taking us right back into the driver's seat of our own life - which is especially empowering on a topic that so many of us women have been struggling with for decades. Her book doesn't come with unrealistic

promises: If we don't make the necessary dietary and lifestyle changes, nothing changes.

Ellie's recommendations on how to do that are down-to-earth and easy to implement. I highly recommend her book if you want to put an end to yo-yo dieting.

This book is a MUST for everyone that has ever been in a diet, it will change your perception about yourself, your body, your mind and dieting, it's an eye opener in how you treat yourself. It's a breakthrough in how you can live healthier and happier, stop being dissatisfied with your relation between food and yourself.

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