



## **The Diet Fix: Why Diets Fail and How to Make Yours Work**

*Yoni Freedhoff*

[Download now](#)

[Read Online ➔](#)

# **The Diet Fix: Why Diets Fail and How to Make Yours Work**

*Yoni Freedhoff*

## **The Diet Fix: Why Diets Fail and How to Make Yours Work** Yoni Freedhoff

Despite the success stories publicized by Atkins, South Beach, Weight Watchers, and others, 90% of all diets end in failure. How can fix the way we lose weight so that we make results last?

Weight loss expert Dr. Yoni Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts. The majority of dieting or weight loss programs call for regular sacrifice: Give up an entire food group; fight hunger day and night; undertake exhausting and grueling exercise regimens. These approaches are unrealistic, unhealthy, and make it nearly impossible to maintain results.

Now, at last, there is hope. In The Diet Fix, Dr. Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off. Through the course of years of research and patient treatment, he has developed a 10-Day Reset that supports losing weight while maintaining a healthy, enjoyable lifestyle. This reset is designed to eliminate the habits that so often lead to weight gain: use it to shut down cravings, prevent indulgences from turning into binges, and break up with the scale once and for all. The 10-Day Reset can make any diet more effective, whether it's low-carb, low-fat, meal replacement, calorie tracking, or anything in between.

Whether used on its own or in conjunction with any other diet, Dr. Freedhoff's program shows how to replace this toxic dieting mindset with positive beliefs and behaviors. It is time to break the cycle of traumatic dieting. With The Diet Fix, Dr. Freedhoff offers a groundbreaking, useable guide to begin living happily while losing permanently.

## **The Diet Fix: Why Diets Fail and How to Make Yours Work Details**

Date : Published March 4th 2014 by Harmony (first published March 5th 2013)

ISBN : 9780804137577

Author : Yoni Freedhoff

Format : Hardcover 352 pages

Genre : Nonfiction, Health, Self Help, Food and Drink, Food, Nutrition, Sports, Fitness



[Download The Diet Fix: Why Diets Fail and How to Make Yours Work ...pdf](#)



[Read Online The Diet Fix: Why Diets Fail and How to Make Yours Wo ...pdf](#)

**Download and Read Free Online The Diet Fix: Why Diets Fail and How to Make Yours Work Yoni Freedhoff**

## From Reader Review The Diet Fix: Why Diets Fail and How to Make Yours Work for online ebook

### Ryan Dejonghe says

Is this a diet book? Yes. And no. If you are looking for a diet book, this may be enough for you to achieve your goal. This is also an excellent accompaniment to your already favorite weight loss tool (e.g., Weight Watchers, Atkins, South Beach, etc.). But, as the author, Yoni Freedhoff, puts it, “at the end of the day if you don’t like the life you’re living while you’re losing weight, you’re virtually certain to gain it back.”

Lifelong enjoyment: that’s the goal here. You want to be healthy and happy at the best weight you can maintain for the rest of your life. Thanks to THE DIET FIX that’s absolutely possible. Honestly ask yourself if you can eat the way you are eating forever. Are you hungry? Do you wish you could have that piece of chocolate? Ask yourself if you are happy with your current exercise length and intensity level. You may be, but for a lot of dieters—they know they can’t sustain unhappy actions.

Freedhoff begins with a history of various diet programs and moves on to something I found interesting: the sins of dieting, the traumas of dieting, and the Post Traumatic Dieting Disorders (PTDD). He finds why certain diets don’t last, labels the pitfalls of remission, and categorizes the emotional effect of a stumbled journey. The solution, or fix, is the bread and butter of the whole book: the 10-Day Reset.

We’ve heard some of Freedhoff’s advice before, but much of it is new. Such things as shopping on the outside aisles of the grocery store and journaling your food are pretty common pieces of advice in the dieting world. What makes this book unique is the paradoxical advice mixed in. Such things like: people don’t lose and keep off weight because they aren’t eating enough; or, eat more during the day before going to a big dinner; or, “ensuring you eat enough calories is more important than ensuring you don’t eat too many.”

The end of THE DIET FIX contains reset techniques for specific diets, as well as well-supported advice for everyday life situations. Really, you could probably move forward on the first half of the book: knowing the psychological, physiological, and hedonic behaviors toward dieting, and especially the 10-Day Reset. However, if you are inclined to follow any other diet plan, Freedhoff has techniques for success with that plan. Freedhoff also includes considerations for everything else, from work conferences to vacations, and even parenting.

The walkaway advice seems simple, yet logical enough to last a lifetime. For that, I’m giving this five stars.

---

### Leila B says

This is perhaps the best book about dieting that I have ever read. Period.

To start with, it isn’t a diet book. Most of those are, essentially, gimmicks. Don’t eat after 8pm. No carbs! No grains! No fat! No fruit! Only fruit! No foods with the letter E! Subway three meals a day! Cabbage soup before every meal! All of those, each and every one of them, is a way to trick you into, in fact, reducing calories. Period. This is no magic there. Which is why these books sell and work, at least for a short time.

So. No two-week-diet-plan at the end of the book. Oh there are some recipes, but they feel there just because, there is no OMG, these are the very best recipes that will help you...

What Dr Freedhoff did, in this book, is identify problems, and give solutions, and helps everyone find their own path as a dieter.

There is SO much in this book, and I'm going to only highlight the two things that I found the most helpful.

Dr Freedhoff is aware that some of us are what he calls survivors of "traumatic dieting". We're the ones who've tried and failed, tried to be perfect, and failed, whose self-esteem, if it were a geologic era, would be somewhere around the Cretaceous. His "solution"? A 10 day reset of expectations at the start of a diet.

Oh, for most of us, it would take more than 10 days, which is probably the only gimmick in the book. To do this right will take longer, because it is not just the planning of meals and trips to the supermarket, but the emotional breaking down of years of a crappy relationship with food, our bodies, and dieting. The tools are there.

This "10" days reset, btw, will work no matter what brand of weird diet you want to choose for weight loss, from Weight Watchers to South Beach. In his comments, btw, about "resetting" the Weight Watchers diet, he made something very clear to me, that I hadn't seen before about WW and my behaviour on the diet, and I'm slowly trying to correct that. Anyhow.

In a nutshell, the reset can be viewed as a recovery program, a way for those of us with multiple failures in our past, to break away from some of them, and perhaps to move on. Again, I've rarely felt this positive about a book that speaks of weight loss.

The second thing that was good to read.. This is something that I've been trying to articulate over the years, to people online and at my Weight Watchers meetings but Dr Freedhoff has gone further and been more clear than I could ever dream of being.

That human beings rejoice in food. We celebrate with food, we share food, we enjoy it. And that any program that does not allow for that intimate participation in a fundamental part of human culture is bound to fail long term. That doesn't mean we have to eat out lavishly every night, but that celebrating with food is normal, and should not be viewed as obscene and disgusting, as it often is in the ascetic culture of rapid diets (which I'm part of at times!). To me, this mind shift is fundamental, because it acknowledges the shared humanity of fat AND thin people. Despite the mantra in many diet-places, "Eat like a thin person eats!" does not translate to never celebrate your birthday, because thin people do, in fact, celebrate at times. Like most humans.

Those two things I was going to highlight? Never mind, I'm moving on to a third, though I suppose it's part of the first in some ways.

The goal for weight loss, he says, is to eat as little as you can while still being happy with your life.

And that, my friends, is a majorly dramatic departure from every other book on dieting I have ever read. Happy. With. Your. Life. Dear god, that is NEVER mentioned elsewhere. You're fat, you're supposed to suffer every day, in order to hopefully attain thinness. If you can't suffer long term, it's because of your lack of willpower. And that breeds self contempt. That cycle is what Dr Freedhoff is giving the tools to help us break.

Happy with your life. Be at a weight where you can be happy, that you can happily maintain.

---

## Calinda says

I won a copy of this book from a Goodreads contest.

Yoni Freedhoff is one of my favourite bloggers, blending his staunchly pragmatic approach to weight loss issues with a sense of humour and a dash of scientific disdain.

So I was really happy to finally read the book he had been talking about for many months on his blog.

The Diet Fix is a book about weight loss but it is more a book about lifestyle change and behaviour modification. Unlike other diet books, Yoni does not promise weight loss. He fully admits that his program - based on food journaling, calorie counting and cooking one's own food - only works if people follow it. So he can't promise anything because he can't know how closely you will follow his instructions.

But he blends his pragmatic advice with stories about patients he has or is still treating at his clinic in Ottawa, Canada. And he is honest about troubles his patients have sticking to this lifestyle change. So I found this book very different from the average diet book that promises dramatic weight loss with very little effort.

The writing itself in the book reflects Yoni's experience as a blogger: short chapters with simple titles such as "Eat!" or "Exercise!". And each chapter is often split up into sub-sections roughly the size of a typical Yoni Freedhoff blog post. I enjoyed that because it gave the reader time to digest (sorry, bad pun) the material presented.

The easy, conversational style of blog posting was also evident in the book.

The structure of the book did follow that of other diet books I've read: a beginning chapter promising great things, a chapter telling you to get ready for the transformation, a middle bunch of chapters explaining how to transform oneself, and then a chapter wrapping things up and a list of recipes. For a book that is a radical re-think of how to lose weight, it seemed odd that it should have the same basic structure as so many other faddish plans.

Yoni's 10-day reset plan is the central part of the book, a series of tasks taken over 10 days that help you prepare for the lifestyle change necessary to lose weight. I almost feel like that should have been the beginning or end of the book so that the other information about why lifestyle change is important and the science to back it up were given more prominence.

Overall, I found the book really enjoyable to read. I like nutrition science and understanding how it affects us every day. This book provided that in spades. And it had a few laughs and some heartening anecdotes.

I would recommend this book for anyone who is looking for a common sense plan to improve their nutrition and their health. It is not a weight loss book at all, although following what Yoni recommends may result in weight loss.

I would not recommend this book for anyone looking for a quick fix to their weight woes.

---

## **Kelly says**

I received this free from goodreads.

This is by far my new favorite diet book! It was so honest about dieting in a way no other book has ever been before. Freedhoff explained about being happy on a diet and finding a diet that you can be happy with and do for the rest of your life, sometimes I want a quick fix but Freedhoff explains how you can really achieve the body you want for life. I was really intrigued by the negative consequences some dieting can cause! It was very enlightening and I am left wanting to fix my diet and start doing it right!

---

## **Online Eccentric Librarian says**

*More reviews (and no fluff) on the blog <http://surrealtalvi.wordpress.com/>*

The Diet Fix is a great alternative to the empty diet books out there. Rather than giving a 'one size fits all' narrow approach to dieting, the author discusses the different types of diets, why they do and don't work, and the problems he's encountered in his practice with keeping the weight off his clients. He then presents an easy and very adaptable approach to dieting and fitness that doesn't a) remove any foods, b) deal with heavy exercising, c) Require willpower, d) try to fit all people into doing the same narrow restrictive diets and e) take all the joy out of life, and most especially e) shy away from the long term difficulty of keeping weight off.

The author has a very human and humane approach to the psychological as well as the physical needs of losing weight and getting healthy. I really like that the book is very easy to use and adapt - it utilizes both a short term (10 day) goal with realistic approaches to long term goals as well.

We've seen all the buzzwords of diets every decade (calories in the 1960s, cholesterol in the 1970s, aerobics in the 1980s, Carbs in the 1990s, and wheat/grains/paleo diet in the 2000s). This is unlike all of those diets - none of which really take into consideration the unique conditions that led to the weight and will impact the ability to keep it off long term.

This is one of the first 'diets' I really feel has a chance of success. I really liked the author's presentation and tone - it's friendly but knowledgeable, sympathetic and encouraging. The underlying philosophy of his approach is that weight loss should be done in a way that doesn't make a person's life miserable - without shame, guilt, frustration, unhappiness, or denial.

If you've tried diets and find they are just too difficult to sustain, this is a good alternative. It's about simple foods, a food log that helps to identify why you're hungry and when you might be eating too much, and a lifestyle change that is doable, enriching, and geared to a long term manageable weight loss.

Highly recommended. Received as an ARC from the publisher.

---

## **Dawn says**

When I started reading a runners blog called *Sweat Science* I found a post that recommended three nutritional books, one of which was this one. I thought that it couldn't possibly hurt to know a little more and got all three from the library.

Dr. Freedhoff has a wonderfully practical take on losing weight, much of it determined by being a doctor who specializes in helping the obese lose weight.

I personally found little value in the pep talk and eating plan portion of the book, though it's pretty obvious that he has heard about all the excuses and reasons that a dieter has ever used based on what and how he's written this. His 'Reset' healthy living plan is well thought out and addresses every excuse you've ever heard or used yourself. And while I'm not an obsessive diet plan book reader, it's pretty hard not to hear about all the new or popular versions there are and this particular plan looks very doable.

The part I did find quite interesting was the third part called The Recovery, essentially a further chat about how to maintain your new lifestyle and what to do when you fall off track. From addressing weekends and holidays to common self sabotage and what to do as parents, there are some good chapters that talk about what thought patterns we need to change and what to watch out for. Though I can't say I agree with his acceptance of artificial sweeteners.

To use this plan I think you would need to be ready to do what you've always known is the way to successfully lose weight, eat less, eat better and exercise more. And don't think that you can stop when you've made it to your best weight, this is a plan to follow forever.

---

## **Johanna Sawyer says**

I think I'm insane reading all these diet books, I've reviewed more than a few over the last couple of months. As adults we know the regular problems with weight stem from fast food, sugar, soda, large portions.....losing weight is easy..it's keeping it off that's the problem. Dieting seven deadly sins... Hunger- this author does a medical rehash. Of what hunger is and how diets fail because of hunger. Sacrifice -success depends on your willingness to sacrifice foods. Willpower-resisting temptation. Blind restriction- preaching avoiding foods. Sweat-exercise alone doesn't work. Perfectionism- losing weight without fluctuations, don't try to be perfect...weight fluctuates on its own. Then last but least denial...giving up when weight loss slows. I thought an important fact was the diary. Keeping track of what your doing is a bonus. 1. What you ate and how much. 2. What time you ate. 3. Calories 4. How long you excercised. 5. When and how dramatic episodes of hunger and cravings. It boasted of a site called calorie king.com this has the same intent as shred...eating to stave off hunger. Eating breakfast to stave off a binge meal loaded with calories. Minimum meals 300-350 calories....and snacks 100-150 calories six times a day. Three meals and three snacks. Buying an indirect calorimeter to help figure out how many calories you need to eat. Making sure you have protein in every meal/snack to stave off hunger pains. Thedietfix.com as their website for more info. Small chapters on medical problems and children with weight problems also. Overall a great guide to pretty much everything. Last part even has recipes for healthy snacks ...meals...andnutrition. Thanks goodreads for a great first reads win.

I have been using the app this book suggested along with the common sense advice, and I am happily losing weight. The love handles are slimming down, and I feel great!

---

## Grainne says

I was lucky enough to get an advance copy to read and I'm so glad. I've been following Yoni's blog and site for a while now and he seemed sensible. I hoped that the book would not disappoint and it absolutely didn't!

This is not your standard diet book. You know the one-exclude some food group, the weight falls off, it's a miracle! I've gone through quite a number of them and the miracle was always short lived. I've yo-yoed up and down for the last 20 years and have an extensive wardrobe of different sized clothes to prove it. For the first time in a long time, I actually have some hope of making lasting changes.

The book starts out by describing diets gone wrong. I recognised myself in many of the descriptions. Too many! It leads into a 10 day/10 step programme to fix the damage and start losing sensibly. It's all wonderfully doable and makes sense. Pitfalls are covered and there's also a great recipe section at the back. Even I could manage them!

If I had to pick one word to describe the tone of the book it would be "kind". No matter how many times you've tried and failed, there's hope for you. You're not alone and you're not a failure. With this approach, you can actually change your life for good!

---

## Sarah Clement says

I picked up this book because Yoni Feedhoff is one of the few (qualified) voices of reason on an internet full of nonsense about nutrition. I concur with many of his sentiments about our food environment, which fuelled my discomfort with the intuitive eating approaches. Though the latter provide a reasonable approach that can help people let go of emotional eating, I don't actually think they are realistic in a modern food environment where food is everywhere and engineered to trigger all of our senses and make us want more. So I was curious to see what Feedhoff would say, both about the nutritional research and about behavioural elements of dieting.

First, the good: He starts with the premise that all diets work short term, but none work long term. This is difficult to argue with, and there is plenty of evidence to support it. He also relies heavily on research about what makes people successful, and makes those habits the core of his program. Sensible. Among the habits he promotes is actually tracking your food, and he provides tips on how to do so without becoming obsessed, as many of his readers will have used journaling as punishment in the past. I agree with this tactic because of the modern food environment I mentioned above. It's very much not sexy, and most diets these days give you free reign to eat a restricted number of foods (usually vegetables and protein, and with the paleo diet - fat). But the reality is that people who track are more successful, and those who struggle with overeating will find a way to overeat anything. He offers a 10-day 'reset' but it's not the same as what other diet books offer. It is 10 days to prepare to change your habits, and the start of a very long journey, which he makes clear is going to be very long.

Now for the disappointments: I thought this book would be heavier on research and actually address some of the nutrition myths out there in the media and online, but he didn't. Instead, he actually provides information on how you can use any existing diet with the program. While this flexibility is nice, I actually think some of

the diets he chose are just inherently too restrictive to qualify as a "non-traumatic" diet, which is what he is trying to get people to overcome. Finally, the book doesn't really deal with the emotional element of dieting and eating, and certainly not in a way that is likely to help the readers. He is writing to dieters who have "post-traumatic dieting disorder" and yet he doesn't actually deal with that emotional trauma. He relies instead on the habits of people who successfully change their lifestyles, which is one piece of the puzzle, but not the most important one for most people who struggle with overeating.

In the end, the book, I think was written in a way that tried to achieve too broad of an appeal, and in the process it reads too much like a diet book, and doesn't let Freedhoff's intellect shine. Overall, a good book on the topic, but a disappointment from this particular author.

---

### **Mary Yerkes says**

Best book on health and weight loss/maintenance I have read in a very long time, maybe ever. His approach is very practical and realistic, yet specific enough that it doesn't leave me wondering about exactly what I should do to lose weight and be healthy. He gives very actionable, realistic steps to take. Some of the steps have been said many times before, but his writing style makes even those items interesting. A refreshing non-judgmental approach to long-term weight loss. This ISN'T a "lose 10-lbs in the next 2 weeks" kind of diet, in fact, it's anti-quick-fix. Yoni shows why "quick fix" traumatic diets aren't fixes at all!

I would highly recommend this book to anyone and everyone serious about long-term health in regard to their weight and fitness. (It even works and is applicable if you're on Paleo / low-carb / vegan, etc., diets.) It's sound, practical advice we all can use, backed up by a lot of science and his years of experience and research!

---

### **Ann Douglas says**

THE DIET FIX is the real deal: a book that challenges the conventional wisdom about losing weight. This compassionate and hope-filled guide serves up the secrets to achieving — and maintaining — the weight that's right for you. Forget the quick fix: THE DIET FIX will give you the tools you need to (finally) make peace with food.

[ Reviewed from galley ]

---

### **Sharon says**

As someone who counsels obese patients on a daily basis, he obviously has some good advice. I do disagree with a number of his suggestions including calorie counting, the use of artificial sweeteners and protein powders. I think that Michael Pollan had the answer all along and that we need to eat a whole natural foods.

---

## **Kristen says**

I got a lot out of this book and its tips on eating well in a sustainable, life-affirming way.

---

## **Maranda Carvell says**

The Diet Fix is a breath of fresh air in the diet book space. Full of common sense, practical tips and a little humour, Dr Freedhoff tackles the psychology of dieting in an encouraging and practical manner. This is not another "eat this not that" nutrition book, but rather a set of practical guidelines that can be applied to any style of eating.

If you're ready to say goodbye to on-again-off-again diets and hello to an enjoyable life that includes chocolate, this book is just what you need. Highly recommended for those with a "traumatic diet" history.

---

## **Ashley says**

Won this book from the First Reads program, and I cannot wait for it to arrive and to learn what it has to offer! I am excited about this book and once I finish I will write another review and let you know what I think!

### **Update~~~**

So far I really like this book, I love the way this book is written compared to most other diet/health books I have read. This book lets you know it's ok if you make a mistake, don't beat yourself up over it, pick up and move on! I love that! Most diet/health books I read seem to almost make you feel worse if you make a mistake. This book comes with a 10 day plan. I went ahead and skipped days 1 & 2 as I already had everything needed and was already doing everything for those days.

With that being said I am on Day 3, and the book has made suggestions for things I am not currently doing already. One is to eat breakfast earlier than I currently have been and the other is about consuming more protein, which I know I have not been getting enough of. So far I am excited to continue on with the plan from this book and excited to know what else I can learn from it. I will post my final review update once I complete day 10.

### **Final Update~~~**

I really enjoyed this book and the ten day program. I am already very into health/fitness lifestyle and clean eating and this book still taught me things! There were several wonderful things in the 10 day program that I wasn't already incorporating into my diet. Some things I had heard of but wasn't sure of their benefit or how to add it in correctly and a few I hadn't heard of at all. All the changes in the Diet Fix are super easy to make. I love how this book is written and how it is for everyone, from the total beginner to the more advanced into fitness. If you are just starting out this would be a wonderful book to have! Definitely one I wished I would have had when I was new to the healthy lifestyle. I will be keeping this book and referring back to it often, it is a great addition to have!

