



What it's all about...

This is a psychological approach that starts before you even choose what food to eat or exercise to partake in. The authors take the position that fad diets aren't effective for lasting weight loss and illness prevention—instead they tackle *why* we don't eat well or exercise properly.

Health promises

- Weight loss
- Increased motivation to eat healthily and exercise
- Improved mindfulness
- Stable and uplifted mood

The challenges... As this is a mind and body makeover, it's a slow-burn approach; you won't see results straight away and there's a risk of feeling deflated if you fail to reach your goals from the get-go. But our tester found that as time passed, living well became second nature.

BEST BITS

"I liked that I didn't have to restrict what I ate—this isn't a rigid diet where you're bound to fail."

The verdict... "When I felt too tired to get out of bed and go for a run, I thought about how it would benefit me in the long term, which gave me the motivation to go for it," says our tester. Reframing her thoughts also had a positive effect on her eating habits. "The more I did it, the easier it was."

TRY IT IF...

You struggle to find motivation to exercise or cook nutritious meals. This will provide encouragement.