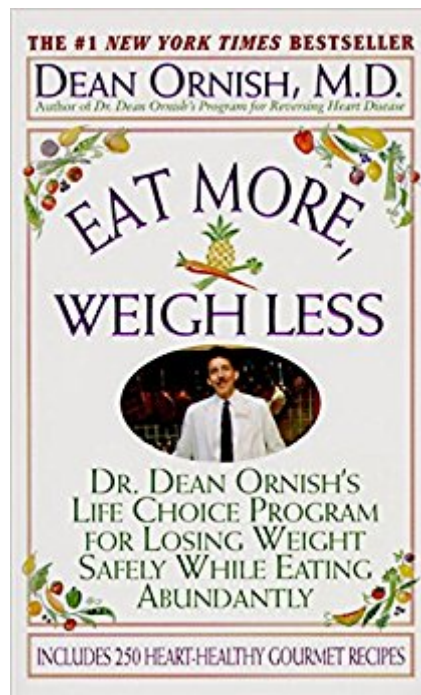




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# **Eat More, Weigh Less: Dr. Dean Ornish's Program For Losing Weight Safely While Eating Abundantly**



## Synopsis

The phenomenal New York Times bestseller -- now revised and updated for a new century. Eat more, weigh less? How is this possible? Because as this groundbreaking work clearly shows, it's not just how much you eat, it's primarily what you eat. Most diets rely on small portion sizes to reduce calories sufficiently. You feel hungry and deprived. Dr. Ornish's revolutionary program takes a new approach, one scientifically based on the type of food rather than the amount of food. Abundance rather than hunger and deprivation. So you can eat more frequently, eat a greater quantity of food-and still lose weight and keep it off. Simply. Safely. Easily. With 250 delicious low-fat recipes by some of the country's most celebrated chefs. Dr. Ornish's program is a medically proven approach that can help you improve your health and well-being, not just lose weight. It's also about learning how to begin healing emotional pain, loneliness, and isolation in your life, providing nourishment not only for your body but also for your soul. His program has given millions of people new hope and new choices.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 81 customer reviews

Best Sellers Rank: #207,885 in Books (See Top 100 in Books) #152 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #255 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) #535 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

Dean Ornish, M.D., is president and director of the Preventive Medicine Research Institute in Sausalito, CA. He is assistant clinical professor of medicine at the School of Medicine, University of California, San Francisco, and an attending physician at California Pacific Medical Center.

This is THE best book. Not just to lose weight, but as a way to eat and feel healthy. I lost over 60

pounds using this book and have kept it off for two years. I still eat this way most of the time. You are never hungry, you are always eating, but you WILL loose weight. I also improved my cholesterol readings as well.

This cookbook, like its successor Everyday Cooking, is filled with GREAT RECIPES. It's an ugly little book - no pictures - but it's well organized. The thing I like about the Ornish books is the recipes are so darned good. Even if you don't want to cook fat free, you can always add a little to your dish. His two cookbooks are two of my oft-used cookbooks for vegetarian meals. I highly recommend.

Of all the "weight loss" books I have tried over the years, this is the one I keep coming back to.

A classic! If you only read the first part of the book, you have all the information you need to loose weight and stay healthy. The second part (about two thirds of the book) brings wonderful recipes by some of the top chefs around. An important book for your health.

This book is very informative and gives great advice on a low fat way to keep yourself heart healthy. If you are looking for a proven way to prevent or reverse heart disease this is the book for you.

Love what Dr Ornish has to day.

ok

Great life value that is needed

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