



The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss

Kathy Freston

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If you've ever dieted, you've undoubtedly worked very hard to achieve results--only to experience the disappointment of having the pounds creep back on. But now wellness expert Kathy Freston lets readers in on her secret: losing weight doesn't have to be difficult, and it can last. With this book she shares the powerful concept of The Lean--a radically effective approach to positive change--with a practical 30-day plan to transform your health and jump-start weight loss in the most gentle, easy, and automatic way possible. "Leaning in" is about setting an intention for what you want, weight- and health-wise, and then nudging yourself ever so gently in that direction, even if getting there seems impossible. It's about choosing to eat foods that are delicious, filling, and supportive of your goals.

Each day of the scientifically based, vegan-friendly Lean plan, Kathy shows how to make and commit to small diet and lifestyle changes that, over time, yield unexpectedly significant results--something as simple as swapping in nondairy milk for cow's milk, eating an apple a day, or having an afternoon power shake. These changes propel you almost effortlessly into a forward momentum of ever more healthy choices, and work together to bolster your progress. There are only two rules:

1. All you need is the willingness to take *just one step*.
2. As you add the healthier foods to your diet, eat the new foods first.

By gradually adding in these nutrient-dense and fiber-rich foods, you'll crowd out the problem foods, feel fuller for longer, and simply stop feeling cravings. On Kathy's Lean plan, readers can experience sustained, healthy, and permanent weight loss of 1-3 pounds per week--plus increased energy, improved digestion, clearer skin, and renewed purpose. Complete with exercises, recipes, and powerful testimonials, *The Lean* offers not only a truly leaner frame, but also the little push we all need to get on the path to lasting change.

The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss Details

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From Reader Review The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss for online ebook

Amy says

I am not a vegan, nor do I intend to fully become one, but after watching the author on the Ellen show, I was intrigued by her book. I didn't use the book as suggested- a 30-day plan... I read it more like a novel and took copious notes. Needless to say, it was life-changing for me and I'm looking forward to implementing all the easy ways to lead a healthy lifestyle and diet. I especially like the section in the back with the recipes for great-tasting vegetarian and vegan meals.

Lynn says

Kathy Freston is one of the most encouraging and refreshing nutrition writers I have come across and I have read many books on nutrition. She understands human frailty and says -- you know, you don't have to be a super hero today, or even tomorrow ... just do your best.

So you are willing to try and if you fail, you are willing to pick up the gauntlet again.

Kathy has a new mission for every day -- day 1 drink more water, day 2 eat breakfast, day 3 eat an apple ... all very simple tasks that can really add up to better nutrition and healthier habits. Some may seem counter-intuitive ... 'have some fun' ... what do you mean 'have some fun'? Yet as we have all heard, "Laughter is the best medicine" and when we smile and have fun ... we will feel better.

This book is broken down into nice simple chunks and that will make it great for many people who can do little bits, also she does provide lots of sources for where she gets information from and how to find more. Kathy has some great recipes and shopping ideas so all in all I recommend this book for people looking to make some healthy life choices.

Mary Lou says

Gave me a kick start to start eating better and even trying out being a vegetarian. Not ready to try Vegan.

Cody says

I didn't know this was a book on becoming a vegan. But there are tips I really liked. Felt like there's some guilt and shame passed off to the ppl who aren't ready to jump fully in. I actually liked parts of the book: but the end where she said to lie to restaurants that you have a dairy allergy!? No please don't!! We have a daughter that is anaphylactic to dairy.. we've had wait staff and others think it's not as serious. That so many ppl lie that they're allergic or lactose intolerant. I've seen ppl lie about allergies to get dishes right but I feel it takes away from the ones who really do have it. Where we aren't being listened too because of ppl they've already had to deal with. Just please honesty is the best policy. Just be honest that you're vegan and against all animal products.

Anyways if you're ready to be vegan maybe try this book. Recipes in the back are nice! Maybe just the last part rubbed me wrong because in the allergy community we've had many conversations about the trend of ppl lying and being overly difficult. Where it can make the allergy person not being taken seriously as they should be.

Angelc says

4.5 Stars

I am really impressed with this book. The author has a lot of facts to back up her statements about healthy eating. I feel like the book was more about a healthy lifestyle rather than counting calories to lose weight, which was what I was looking for. I'm not sure I agree with everything she mentions, but the great part about books like this is that you don't have to apply everything to your own lifestyle. There is a fair amount of shock value about animal products, since she is a vegan, but I like that she takes a powerful stance, it gets your attention. I might not agree with everything, but she has encouraged me to do my own research and find out more about certain parts of the modern American diet.

The basis of the book is to add a new element (or eliminate an unhealthy one) to your lifestyle/diet each day. So the first day, you add one new element, then the second day, you still do the first task, and add another, until at the end you are doing all 30 tasks. Some are simple, but they still aren't easy. It's easy to say I will eat an apple every day, but it's another thing to actually get it done. She also has other great and practical suggestions like a hearty, but still healthy breakfast, drinking enough water, and getting exercise even if it's just walking on your lunch break. Then some of the other tasks, I feel are a little extreme, so I probably won't add them into my own version of the plan. I prefer vegetarian foods but I'm not ready to give up meat completely and especially not dairy and eggs. She does make a great argument for cutting back on all of the above though, which I think is great and I am going to try.

The final 1/4 of the book, after you've completed the 30 days of tasks, consists of recipes. They all sound really great. I can't wait to try the Creamy Pumpkin Pasta. Lots of her recipes sound so different and unique.

I'm not going to plan on implementing all of her 30 days worth of elements, but I do think I have found more than a few great tips to get me headed in the right direction towards healthier eating. There are still a lot of facts that I will be investigating further, so maybe somewhere along the line I will add more elements too. I think it would be hard for someone to strictly follow everything in the book unless you had already planned on becoming a vegan.

Overall, Kathy Freston offers great advice on a healthier lifestyle. I highly recommend the book even if you don't complete the entire Lean challenge.

book sent by publicist in exchange for honest review

reviewed for <http://inthehammockblog.blogspot.com>

veganjilly says

Another great book by Kathy Freston! If you are wanting to lose weight PERMANENTLY, by creating lifestyle changes, then this is the book for you! You won't find any yo-yo diets in here. Kathy walks the reader through daily changes so that new habits can be formed, new tools can be learned, and healthy lifestyle habits are created. This is the way to create sustainable weight-loss, and learn some stuff in the process! There is also a great section of recipes and meal plans. I love Kathy's whole concept of "LEANING IN" to change. This basically equates to taking it one day at a time, one change at a time. There is nothing un-doable or overwhelming about this book. ANYONE can do it, and ANYONE can succeed from it!

Maureen Flatley says

Another great book from Kathy Freston....it outlines a simple, gradual sustainable approach to changing lifestyle and diet. It's been life altering to follow her approach to eating clean....no gluten, no dairy, lots of water.

Chris says

So far I've lost 15 lbs and haven't even finished the book yet. I'm leaning into reading it, maybe once or twice a week. Kathy Freston offers great advice on how to "crowd out" hunger by suggesting healthy, tasty foods that eliminate cravings. She also discusses other non-food related advice to also aid weight loss. This is not a diet, but a lifestyle change. I've never felt more excited about choosing what I eat and I've also never seen results this quickly before. Can't wait to read the rest of the book (I'm about halfway done, started 2 months ago). I highly recommend it so far!

Sherry says

This is Freston's newest book. This book is about a 30-day shift from your current eating habits to something more like Freston's ideal, which is a vegan lifestyle, and presumably losing some weight along the way.

I will be enjoying the recipes in this book when I embark on Freston's 21-day cleanse tomorrow (see her other book, Quantum Wellness Cleanse: The 21-Day Essential Guide to Healing Your Mind, Body and Spirit), and maybe this 30-day plan is something I can follow after the cleanse, but when you're planning to do something more extreme than this, the book isn't as helpful.

This is a good book for anyone interested in trying something new in the ways of weight-loss, or perhaps anyone just interested in making a slow transition to vegetarianism/veganism.

Cynthia Harrison says

I've looked through this book and am hoping it will be the key to getting off sugar. I had read Freston's Quantum Wellness and actually became a vegetarian after reading it. On year 4 or 5 of no meat. So if she can help me give up my precious hamburgers and filet mignon, I hope she can aid me with the sugar monkey on my back. Going to start reading and doing what she says AFTER Easter this Sunday:)

Later:

I did really well on this plan until day #14. That's the day you switch up cheese for the vegan version. There may well be good vegan cheese, but we don't have the kind she mentioned around here. I would probably have to go to Whole Foods, which is a good 40 minute drive. Still, I did okay that first day. I just didn't eat cheese. My lunches were always tuna, peanut butter, or cheese sandwiches, so fish had already been eliminated, leaving peanut butter or some other interesting choices. I can do nuts and apple and banana. I can do half a protein shake with flax. Those are my quick lunch options but Freston suggests adding grains like brown rice or a veggie burger. Those are things I DO use, but for dinner, not lunch.

So it came down to the same thing: we went out to eat and there was nothing vegan on the menu. There was pizza. There were grilled cheese sandwiches. There were fish entrees. But no pasta primavera, the big vegan restaurant choice. And so my lean became a tumble. And of course, this always happens with me, it got worse from there. I ate sugar over the weekend...and then yesterday I had a slice of pie. I have not be exercising except for stretching out my back. There's no excuse for that one. I am just lazy. Too lazy to do 10 minutes on a treadmill or ten minutes of yoga.

It's not really that I'm lazy. I'm paralyzed with fear. Tomorrow I am having cataract surgery and it's freaking me out. I do want to get back to The Lean and I will, after my surgery. Meanwhile I will try to hold myself to all the healthy switches I made BEFORE the cheese became my downfall.

(Later)My surgery went well and I am finished with the class I taught in June, so I'm cautiously stepping back into The Lean. Cheese remains a problem but I did put "veggie mozerella" on my grocery list today. I love Quorn fake chicken patties, so I'll use those to make a dinner that I have not tried before. Today I read "have some fun" and I got a total picture of my bike. I rode it once last year and it aggravated my back so much that I've been afraid to get on it since. Today I try again. Riding my bike on a hot summer day is really fun for me. So that's easy--taking animals off the plate, well yes, that's easy too, except for cheese.

What I am finding surprisingly difficult is to eat all the things she wants me to. I have to admit to binging on junk food while teaching. It's how I handle stress and I need to find another way. I have cleaned out all the junk food from my house (again) and bought large Costco quantities of some beautiful apples plus kale and other veggies to make a batch of the "green drink" -- I also bought berries to make some fruit juices. Yesterday I added blueberries to yougurt. Note to self: make sure yougurt is soy. (I love Greek yougurt--not sure they make a soy version of it.)

So still working on the book and its message. And I can zip my jeans again.

Day 21 was hard. I only watched 5 minutes of the "Glass Walls" video by Paul McCartney and was sobbing uncontrollably. I eat turkey once a year, just a little piece, but I think I might have to stop that. And stop buying my husband chicken. I hate the idea of becoming a self-righteous vegan advocate, so I really never talk about my vegetarianism or my slow lean into veganism. I really should watch a video about the dairy industry. Freston has a list of videos for Chapter 21 at the end of the book. I'd like to give up dairy, but it is really difficult to do so. I am overweight and I have health incentives to do this for my future body (as Freston says) so why do I want it to be easy? Nothing worth doing, like cleaning up a life long addiction to bad food, is easy.

Darren says

There is no magic secret to weight loss. Eat less, eat better and exercise. Although life in reality is not that simple as there are too many pressures on the average person and we are being pulled every which way and all those goals about keeping in trim and eating good and in moderation tend to slide.

In this book author Kathy Freston sets out to give her own take on the problem and its solution. Like so many similar books out there, things are invariably a variation on a theme, but the winning formula can be so personal to the reader and depend on their own determination, methodology and the inspiration received to lose weight and work towards keeping it off permanently.

Freston's programme seeks to change the learning process, believing that should it be mastered then even within one month you could begin to see a transformed lifestyle and health changes along with a head-start to a longer weight-loss regime.

Essentially you set an achievable intention or goal and then put yourself on that path, working to gently push yourself towards it through sensible choices and lifestyle changes that do not feel overly onerous or complex. The author is at pains to point out that you need not give up your favourite dish entirely and that setting achievable goals without significant sacrifice or risk of failure and demotivation are key. You make a new kind of friendship with food, rather than making it a sworn enemy.

Broken into a daily journal entry, the reader is given a new thing to do and something to amend in their routine. This is accompanied by inspirational text and details about how other people's experiences with weight loss and lifestyle changes have fared. No religiously counting points or calories, no living on a diet of powdered supplements and the occasional booster bar. What is more you build upon what you have learned so by the end of the month there are 30 new habits and 30 lifestyle amendments that have hopefully been achieved without fuss. Perhaps you haven't noticed the changes or have not been bothered by them. If so, that is the real sign of change!

Reasoning is also given for the proposed daily changes so you can get a bit of understanding to what you are doing. Of course, you can skip that if you'd rather not know that level of detail but it might be enlightening nonetheless. It is interesting to note that for a program that requires inner discipline there are so few rules. Two in fact. To have the willingness to take one step at a time and to eat the new foods that have been introduced before the older ones. It does sound simple, doesn't it.

YUM's reviewer has not been able to follow the diet through its 30 days and beyond (it is not possible to try every diet!) but the steps suggested do seem more achievable than many "sacrifices" suggested in other weight loss books.

The Lean: A Revolutionary (and simple!) 30-Day Plan for Healthy, Lasting Weight Loss, written by Kathy Freston and published by Weinstein Books. ISBN 9781602861732, 256 pages. Typical price: USD25. YYYY.

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Vicky says

This is a different kind of diet book in that you are given a task for each of thirty days. Each day builds on the last so that by the end of thirty days, you should be doing everything it says and be well on your way to leanness.

The tasks are not difficult. Day one is nothing more than "Drink water." Okay, you're supposed to drink it at specific times of the day, but still, it's just drink water. Other tasks include things like "Eat a superfood" or "Have fun".

I believe the tasks are easy enough for most people to follow, but be forewarned, the author is a vegan and promotes this in the diet (get rid of cheese, dairy, eggs, meat, etc. and substitute soy, rice, nuts, etc.). This is fine for some people, but not everyone. I'm nearly there, but not quite. And not sure I want to go all the way over, but it is an individual issue.

The changes she suggests are not difficult to do, healthy, and full of nutrition for you. She also suggests exercise (of course) and self-introspection.

Still, this is one of the better diet books I've read of late and, though I will probably not go vegan, I can definitely see myself and my family incorporating many of the ideas.

Recommended for those who don't mind giving up meat, dairy, etc. and who have a few pounds to lose.

Thanks to Netgalley for providing this ms. free in exchange for an unbiased review.

Julie says

Well-intended, but not as subtle as you would think. She basically asks you to "lean" into a complete overhaul your life in 30 days, which is hard, if not impossible, to do. But I did manage to get a couple of takeaways - more water, more flax, less animal products. Wished it was a little more scientific and less perky.

Cassie says

I skimmed this book looking for ways to incorporate more vegetarian or vegan meals into my diet. Freston provides some good ideas for new habits and ways to "crowd out" bad foods, and I appreciate how she incorporated scientific evidence into her conversational writing style. I found her resources section in the back interesting and helpful. I'm not a fan of replacement foods like fake cheese or meats and don't find shakes or juices satisfying or worth the time to make so these parts of the plan weren't really relevant for me. Overall, I found her approach a bit too drastic for my preferred eating style. I believe there is a place for meat and dairy in a regular diet, it's just got to be a smaller portion less often than what's currently "standard" in the American diet.

This isn't the ultimate plan for me, thus the three stars, but for someone who wants a day by day plan of action it could be a great read and resource. I'm currently reading Mark Bittman's Vegan Before 6 and loving

his flexible approach; if you liked The Lean, but want to keep some dairy or meat in your life you might want to check it out.

Melissa says

I saw this book on our library \$2 sale shelf....looked interesting, so I scooped it up. I read it on the drive from Florida to Utah for our Christmas vacation. I really enjoyed it. I am excited to try many new healthy ideas for the new year.

Kathy breaks it down into a 30 day plan. Each day adding one more good habit, or omitting one poor one. She goes over the benefits and reasons why. I loved learning about "Power Foods", and realized I am doing lots of good things for my body already. However, every new year I get excited to try new things and to dig a little deeper into becoming more conscious in my life. This year I feel really motivated to eat for ENERGY! This book was a great lift off point for me.

Her ultimate goal is to ween you completely off all animal based eating. I don't know that I am to that point, or ever will be. But I am ready to try a VARIETY of healthy eating. I am excited to experiment and see how I feel, and "test" out some of the great recipes and foods on my family, and see how it goes over. I know I will never switch from meat on the premise of pressure, or guilt of how animals are treated, that is not the mode I choose to go. But I would consider switching over to plant based eating based on how I feel in comparison.
