



Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly

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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.

Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly Details

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Ruth says

If the ingredients list for each recipe in this book didn't have 15-20 ingredients or they weren't expensive foods, or if it didn't look like you'd spend literally all your spare time in the kitchen making these healthy meals, it might have been easier for me to be interested in this program; after all, the author has a lot of great points, and really most of it seems like common sense. But I don't have lots of money or lots of time. So I will have to look for something a little more practical for the few pounds it would be nice if I could shed.

Will Craighead says

Great

Kathy (McDowell) Miller says

I probably would have rated this book higher if it wasn't for the most part, a cookbook (250 pages of recipes). Then again, maybe not. I used to be a meat-eater and then suddenly after reading "Eat to Live" by Joel Fuhrman, I went vegan--just like that! I still eat the occasional meal with cheese or fish because it's extremely difficult to go out to eat without eating ANYthing animal-related, and vegan cheese is just gross! But I'm at least 90% vegan and feeling much healthier for doing so.

This book reads like a fad diet book, not a life choice. It started out on a good note, sounding like a vegan-promoting book. However, Dean Ornish's plan for losing weight is to eat NO meat, NO oils, NO fish, and to avoid avocados, nuts, dairy, egg yolks, all sugar, flour, and alcohol as much as possible. That doesn't leave much for the average person to eat. Even a vegan needs to have their nuts, oils and avocados to get the necessary nutrients.

I don't think much, if any, of this book is based on scientific evidence. The only study I noted in the entire book was done on 102 sedentary women, noting that the slow walkers lost more weight than the fast walkers.

Dean does have some good tips to alter your current recipes to cut fat and calories, which is a good idea for all of us. He gets one star for that. Out of the 250 pages of recipes in the book, I saved 9 recipes.

If you love tofu and you want to lose weight on a fad diet, this may be the book for you, but "safely" and "life choice" should not be part of the title.

Carol Drufke-Zeller says

Well, it is a serious life style change to adopt this program, but so far it has more or less been quite advantageous! I have lost 3 lbs in 2 weeks, and inches as well, which I have recorded each week, and will

continue to do so. I have pledged 30 lbs to Biggest Loser's Feed America food bank program. I truly feel Dr. Ornish has nothing but wonderful and helpful information in this book. It is a matter of choosing a new lifestyle and adapting to it. Some take to it right away and love it. A bit more difficult for me, but we are learning and adding new dishes as we go along. It is hard with a very thin teen and a husband who can maintain his weight without much difficulty, because we all need different fat and calorie amounts, and my son and husband aren't into it taking control over their health. So, the burden falls to me, and it also takes away from what I'm doing. But I'm doing the best I can. This way of eating has addresses many moral, medical and modern society issues, it opens your mind to where we are as a culture, and how we can help ourselves and the environment at the same time.

scarlet says

This eating program will not only help you lose weight but it will bring down your cholesterol numbers!

Janet says

This was the book that showed me how to cook without fat. It saved me after I spent a week in the hospital with a gallbladder attack.

Ricki says

This is a fun read, surprisingly enough! I learned a lot about eating habits, how they are formed and how they can be improved to live more healthfully. He also has some really good recipes, although they can be a little involved.

Maryanne says

Eat More, Weigh Less will speak directly to all those folks who have been struggling to feel better, achieve a healthful weight and gain more energy while trying to sort through the conflicting, confusing onslaught of dietbook information. Dr. Dean Ornish suggests an eating lifestyle not a diet, based on whole, unprocessed grains, vegetables, fruits, legumes including soy, and nonfat dairy foods that is easy to follow, abundant in variety, and packed with nutrients. The book contains great recipes and cooking tips from nationally known chefs, that are easy to follow and include nutrient information so that you know exactly what you are eating. While fat is not used in the recipes, wonderful flavor is created from the garlic, herbs, spices and combinations of ingredients. One is able to eat well and feel satisfied without indulging in high fat, high calorie foods, and without feeling deprived or hungry. The only limiting factor to enjoying this type of eating would be one's imagination! This is a wonderful resource for anyone who is pursuing good health, an increased sense of energy and well being, and an expanded repertoire of delicious recipes!

Lisa (Harmonybites) says

This is a very, very restricted diet, yet very much *not* a fad diet. It's actually backed by science, and Doctor Ornish actually is well known in the medical community for being able to reverse blockages to the heart using diet, instead of surgery or drugs. So this actually isn't snake oil, but rooted in science, and the focus of the diet isn't actually losing weight, but getting healthy. The down side? Well, this diet bans meat, poultry, fish and seafood--which may be fine for vegetarians, but hard on the rest of us. He also bans avocados and nuts and seeds--which would also be hard on vegetarians. And is arguably unnecessary, because as noted in a **review** of the diet on WebMD:

Frank Hu, MD, PhD, assistant professor of medicine at the Harvard School of Public Health, is critical of how severely fat is limited on the diet. "The data from numerous studies show that it is the type of fat, rather than the total amount, which is related to cardiovascular health," he says. "Polyunsaturated and monounsaturated oils actually protect against cardiovascular incidents." For example, Hu says, Ornish advocates limiting the consumption of fish and nuts, and Hu adds, "There is strong evidence that the fat in them is protective against coronary heart disease in both epidemiological studies and clinical trials."

Translation--salmon and walnuts and avocados are good for you! Still, this is much, much healthier than most diets out there, it doesn't require calorie counting, and even if you decide not to rigidly follow it, this book offers tasty and healthy recipes for Appetizers, Salads, Soups, Main Courses and Side Dishes, Pasta, Pizza, Bread, Rice and other grain dishes and Desserts. So recommended, even if with a grain of the proverbial salt.

Anna says

Life Choice Program:

Food to eat: beans and legumes, fruits, grains, and vegetables.

Food to eat in moderation: nonfat dairy products and nonfat commercially produced products.

Food to eat rarely: meat, oils, avocados, olives, nuts/seeds, high/low-fat dairy, sugar, and alcohol. Alcohol is high in calories and your body turns it into simple sugars. Also, alcohol reduces your body's ability to burn fat by one third. Reduce salt intake (to help reduce water retention). Limit caffeine. Diet soda reinforces your taste for fat, sweet, and greasy foods.

Exercising:

Short and intense workouts use carbohydrates for fuel, and some studies show that these workouts may actually decrease your metabolism because when you exercise intensely, you burn up calories so quickly that your body tries to conserve energy by slowing down your metabolism. Long and slow exercise burns body fat for fuel, and it also increases metabolism. Don't yo-yo exercise; make sure you do things that are easy for you to maintain. You should aim to walk for 30-60 minutes each day and do moderate resistance training. By losing fat and gaining muscle, you will increase your metabolism. Make sure it's fun, otherwise you won't continue to do it.

Paula says

In addition to his other books this book was exactly what I needed.

Lei Anne says

I read this book 2 years ago. I hadn't had a chance to write back to Dr. Ornish to give him a feedback, but the steps I took really did take a long time as he said he would. Watching what I eat, how much I've eaten and knowing full well what I'm eating has certainly made a significant difference. I've not gained a lot of weight but I've certainly kept the weight I needed it to be.

Lyvia says

A very readable book with a lot of good information, but almost every recipe is a gourmet creation requiring lots of ingredients, some very obscure, and lots of prep time. Still, the few recipes I tried were healthy and delicious, and many are easily adapted for vegans, though some recipes do include non-fat dairy products and egg whites.

Jeanette "Astute Crabbist" says

This was my introduction to the idea of lowfat/high bulk eating, and for that I will always be grateful. The text portion of the book is easy to read and understand.

Unfortunately, you'd have to have a full-time cook and lots of money to get much use out of the recipes!

Elizabeth says

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