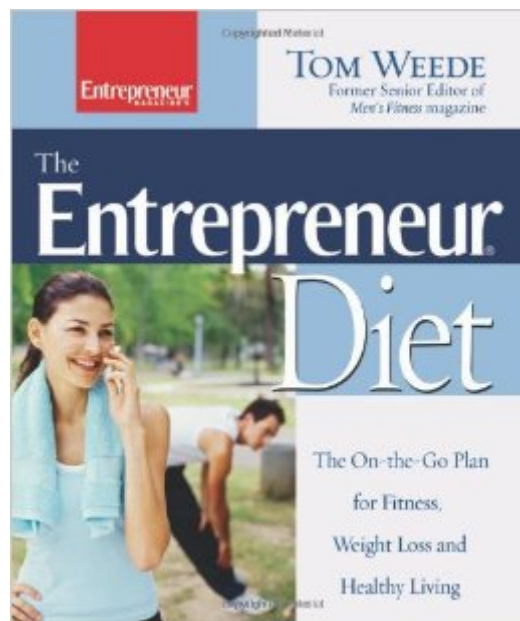


The book was found

The Entrepreneur Diet : The On-the-Go Plan For Fitness, Weight Loss And Healthy Living (Entrepreneur Magazine)



Synopsis

A DIET FOR THOSE TOO BUSY TO DIET! Mainstream diets, daily two-hour workouts . . . They just don't fit the lifestyles of busy entrepreneurs, or anyone who's crunched for time. If you have a daily routine that keeps you constantly on the go, you know just what we mean. That's why the publishers of Entrepreneur magazine and an advisory board of world-renowned experts in nutrition, health, exercise and goal-setting joined forces with Tom Weede to develop this groundbreaking diet and exercise plan. Shed pounds, shape up and boost energy in just six weeks! Eat healthy without sacrificing taste or time with a six-week meal plan that offers both traditional meals and a "Quick Fix" • options from Starbucks, McDonald's, great restaurants and more. Start a workout plan that works with your schedule, not against it. In addition to The Entrepreneur Diet Six-Week Meal Plan, Weede covers:

- Eight must-have habits for shedding fat
- The Quick-Start Action Plan that works with any busy schedule
- Healthy selections from fast food to frozen dinners to restaurant fare
- "Stealth" exercises that can be done on an airplane, at a desk or in a car
- Four core elements that help control stress and increase energy
- The business-fitness connection and how it boosts success

Designed exclusively for busy people with demanding schedules who don't think they have time for a weight-loss program, this easy-to-use diet and fitness plan delivers what's important-lasting weight-loss results.

Book Information

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Average Customer Review: 3.7 out of 5 stars • See all reviews (7 customer reviews)

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Customer Reviews

Are you so busy running your business that you don't have time to take care of yourself? Have you

let your health suffer, and now feel it affects your ability to handle your business obligations? If so, this book is for you. The Entrepreneur Diet offers encouragement and support in language a business owner can understand. Starting an exercise and diet program can be compared to starting a business, and can be approached in the same manner. If you've been successfully running your business, you can translate that success into taking better care of yourself, which will lead you to a better bottom line, both for your company and yourself. The author, a former senior editor of Men's Fitness magazine and a certified health/fitness instructor, offers a total body health plan. It provides a six week menu with fast-food and quick fix options for those who don't have time to do their own cooking. Relevant nutritional information is provided for all meals. Many exercise choices are presented, including a desk workout, stretching, running or other cardiovascular exercise, and a muscle building routine. This book also discusses the benefits of stress management, yoga and meditation, all designed to make life easier for the busy entrepreneur. And it provides solutions for finding a good gym when traveling, avoiding jet-lag, and planning to stick with your food choices when you know you'll be eating a lot of meals in restaurants. Even if you're not an entrepreneur, but just a busy person always on the go, you'll find this book offers a sensible program you can live with. Muse Review Mark: Highly Recommended Reviewer: Alice Berger, Muse Reviews

I came across this book quite by accident while looking for another. Usually if I can get one idea from a book that I can use right away, the purchase is worth it. With The Entrepreneur Diet there are so many tips I've lost count. The sidebars found all over the book are worth more than the purchase price. Though it appears written for executives, the information is for everyone. The quick fix food option is a favorite, and the stress reduction techniques have been instrumental in relieving the tension created by the busy athletic competition schedules my athletes face. Peak Performance demands peak health and Tom Weede has delivered nicely in this gem of a book, which combines dozens of topics, techniques and tips all in one package. This book is stacked...GO OUT AND GET IT! Put your order in!

Even though this is targeted towards entrepreneurs, this also applies to anyone who has a busy life and doesn't feel they are able to put the time aside to take care of themselves, and wind up letting themselves go. Ways to battle the bulge by following a 6 week menu plan by giving you the option of the fast food drive thru or a homemade lunch, exercises that keep your blood pumping throughout the day, motivations, myths, and also info that can apply to people who take road trips and need something to eat. The info is laid out so you don't feel like you're going through an

encyclopedia to get the info you need, or feel overwhelmed. The book is one of the best I've read on the subject of fitness and nutrition in one place.

In "The Entrepreneur's Diet" Tom Weede interviewed a bunch of phenomenally successful men and women and found out how they were able to fit exercise and proper nutrition into their busy schedules. These are people who need a ton of energy and to always be on their game. You would be surprised how much diet and exercise plays a part. Besides the really interesting first-person advice, Weede (who has a bunch of fitness credentials) also provides solid workout and nutrition programs. I really enjoyed this book. It had the info and inspiration all in one package.

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