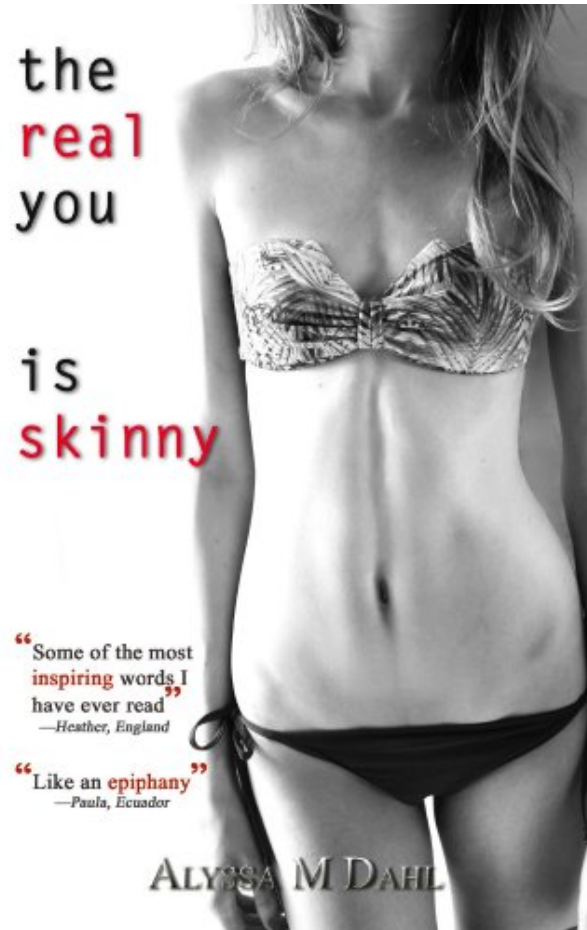


THE REAL YOU IS SKINNY BY ALYSSA DAHL



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the
real
you

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“Some of the most
inspiring words I
have ever read”
—Heather, England

“Like an epiphany”
—Paula, Ecuador

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About the Author

Hi, I'm Alyssa, and not long ago, I became tired of being fat.

Searching online for "before and after" pictures to inspire me, I found the tumblr thinspo community. There I started my own blog, sweetthinspiration.tumblr.com, and started talking about my struggles and successes in the weight loss war.

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The Real You is Skinny is my way of saying thank you to everyone who inspired me to lose the weight and who helped me meet the real me.

It is also, I hope, just what you have been looking for.

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THE REAL YOU IS SKINNY BY ALYSSA DAHL PDF

You may feel like you will never lose weight. But no amount of fat can change the fact that, underneath it all, the real you is skinny.

This is the real-life story of a surprising journey from fat to thin, for someone who tried all her life but still couldn't lose the pounds—until one day she discovered the *unbelievably simple* answer.

Filled with radically common-sense ideas, *The Real You is Skinny* gives you everything you need to help discover your own healthy motivation, ignore all that other confusing and contradictory weight-loss advice, and instead just get on with getting rid of your stubborn excess fat. .

What really sets this book apart, however, and what has been the source of huge changes in so many lives, is the personal story inside, which reveals what it can really be like, day after day, to finally have victory over your destructive thoughts and habits, shed that unwanted flab, and become the most beautiful person you can be.

What people are saying:

“Changed my outlook on life ... I am so motivated it's crazy”

"Everything ... just makes perfect sense”

“Reading this was like a weight off my chest”

“Finally someone put into words how I have been feeling”

“I just signed up for a 5K, and I am one of those people who hates to run ... wow ... tears in my eyes”

“Inspired me to shed my unhealthy and destructive behaviours and attitudes towards weight loss ... I've not only seen a change in my body, but I am now also in a better place mentally, and for the first time in years I can truly say I am totally content with my life”

“Thank you for giving me hope that I really can become the healthy, happy person I've been trying to find for what seems like forever now”

Inside, you will learn about:

- * How the wrong attitude about fat can actually slow your weight loss
- * Enjoying exercise when you feel like it's going to kill you
- * Dealing with failure and getting back on track
- * Surviving all-you-can-eat buffets
- * Making it through cravings, plateaus, and wanting to just give up
- * How to handle people who try to hinder your success
- * Overcoming embarrassment when exercising
- * Eating disorders—why they can seem attractive and how you can avoid having one
- * Maintaining your new weight after you arrive at your goal

(And, of course)

- * Adjusting to your new life as a skinny person!

And you will find answers to these and tons more questions:

- * Which is more important: diet or exercise?
- * How much is the right amount of food for me?
- * What do I order at a restaurant?
- * How do I avoid Starvation Mode?
- * How do I lose fat in that one irritating area?
- * How often should I weigh myself?
- * Do I have to give up sodas? Diet sodas? Alcohol?
- * How quickly can I lose the weight ... and is my goal reasonable?
- * Should I just accept my squishy body and love it?

(and, most importantly)

* Am I ready to meet the Real Me?

This book has changed lives. There's no reason your life can't be next.

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About the Author

Hi, I'm Alyssa, and not long ago, I became tired of being fat.

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Before long, messages started coming in from people to whom weight loss suddenly made sense, from people relieved they no longer needed to starve and purge, and from people who just needed an extra dose of inspiration to keep going. When a huge number of the people writing those messages used words like "finally," "changed my life," and "saved me," I realized that mine wasn't just another blog. When people started telling me things like that they had printed out my writings to keep copies with them throughout the day, or that they wanted to wallpaper their room with pages of them, and that I should write a book, I started to wonder if maybe this was meant to be more than just about me.

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Most helpful customer reviews

13 of 14 people found the following review helpful.

After reading a million diet books, this one is the beacon of light!

By shopgirl

I can say with absolute certainty that this book changed my life, It's something I'm going to keep forever, and reread over and over again for motivation and a voice of reason and sanity in a country of excess that's gone nuts, telling people whatever they want to hear just to sell a book or program or magazine. "Eat all the _____ you want and lose weight!" Almost every book put out in the last ten years has the tagline "Lose weight without counting calories!" I have read hundreds of these books and articles, and in the last few years after putting on excess weight, I've tried a bunch of them...among them Paleo, Sugar-Free, Blood Type (lots of meat), Eat-To-Live (no meat), even (regretfully) Intermittent Fasting. I was trying to avoid paying to join Weight Watchers (which is basically a calorie counting program, just disguised as "points", and ironically the top-ranking program that actually works), but the one time in my adult life when I got beautifully and perfectly skinny and fit and maintained it for a few years was with Weight Watchers and regular exercise. What spoke to me so deeply about Alyssa's book was not only hers being a real story of transformation, but it REMINDED me of MY OWN transformation, many years back on Weight Watchers. It is EXACTLY the mental process I went through to be thin and maintain thin, where I also was able to maintain freedom of choice and total confidence, just like Alyssa. Through all this diet-book noise and my own desperation, I had

totally forgotten what it was like to actually DO IT and with GREAT SUCCESS. Now, thanks to Alyssa, I remember vividly and know now how to use my own strength to get back there! NO MORE wacky diets or theories!! They just don't work in the real world!! Maybe if you were single, without kids, stayed at home, and had no friends and relatives, in a perfect vacuum you could maintain a prescribed "Sugar-Free" or "All Plant Life" diet. But Alyssa's method- relying on YOURSELF to make the proper decisions about what and when to eat, no matter where, when, with who, with whatever kind of food availability or situation you find yourself in, is truly the only one that works long term, just as it did with me in the past! (I lost my equilibrium with a new husband, new job, new baby etc. , but now I'm ECSTATIC to get it back.)

I'd like to say "Kudos!" to Alyssa for being brave enough to tell her story, amid all the controversy in our country about weight loss and body love. We have reached a whole new level of hypocrisy in our culture at the moment, and the witch hunt is on for anybody that tells people that being overweight is their own fault and they are the only ones to have any power to change it, We as a culture have been babied (or "sold") into the idea that it's not our fault if we are overweight- there are a million other places to place blame, from pesticides to ad agencies to even the government. We've also been sold the idea that's its not fair that we can't eat whatever we want and still be healthy and beautiful- it's just not fair! Hence, all the programs out there telling you to eat all you want and still lose weight without counting calories!!! Which, commonsense tells us, if that were all true, our obesity problem would be pretty much solved. But it isn't, so what does that tell us? Alyssa hit the nail on the head with her revelation, and mine too, from when I was skinny, that- skinny is HARD. It's HARD WORK. Which is a WICKEDLY unpopular, if not downright offensive, statement in our culture right now.

Even in Denise Austin's last book I read, Side Effect-Skinny, I noticed that Denise's usually positive, encouraging voice sounded almost exasperated when writing- (Yes, it's about the CALORIES! It's about PORTION CONTROL! It's about NUTRITION!) Even Denise sounded annoyed when writing, trying to explain to people that no, you cannot do whatever you want and have a fit and healthy body! Commonsense is disappearing rapidly amid all our commercialism. To anybody who thinks Alyssa is promoting disordered eating, they did not read the book. She makes clear the distinctions of calorie counting and eating disorders, and emphasizes throughout the book the importance of nutrition. Anyone who missed those points has been sold the idea of "We should be able to eat however we want to and still be healthy!" When I was at my skinniest, I consumed way more nutrients from whole foods in a 1200 calorie day than any of my coworkers did, downing 2000++ calories of processed junk and take out/fast food. Do a full medical workup on us, and the ones eating the American way of "However I want" will have way worse health scores than those who are responsibly eating highly nutritious food within a safe calorie count. This book DOES NOT PROMOTE EATING DISORDERS.

Also-I really enjoyed Alyssa's writing style and the layout of the book-she flip-flops between personal journal entries and chapters of info, it made the book completely engaging and fun to read. I would love to read a sequel- a book on long-term maintenance and dealing with life changes? That's where I (and I suspect a lot of women) have struggled. It would be really helpful!

I have never left a review this long- but after reading a million other diet books, I just wanted to give high remarks for a well written and enlightening book and come to the author's defense!

10 of 12 people found the following review helpful.

A True Journey

By Nini

There are so many challenges that come with losing weight- during and after even the weight is gone. Weight loss requires discipline and mental well-being- Alyssa's emotional journey as well as her methods are all beneficial to me as I continue to lose weight. But what's MOST amazing is how her methods worked for me. The weight just started dropping off when I started listening to her. I lost about 10 pounds since I read this a month ago! :) I used to listen to what all the personal trainers said- I mean, they were the ones I thought knew everything. But little did I know they were wrong! For about 6 months, I was working out

everyday for an hour and a half and eating everything they told me, aimed for 65g protein, yadda yadda yadda... but my weight wasn't going down much. And I wasn't looking that different. I even thought I needed to do two hours a day. And then BAM! Listened to Alyssa and I even cut back on exercising a lot (still did though, more like an hour every other day), and I still lost more weight than ever beforehand. I'M SO GLAD I read it! So I just want to say THANK YOU to Alyssa for that. With this book, I also FINALLY have the knowledge of knowing I can be thin for the rest of my life! I never thought I would ever say that. I can be thin forever. Because her combination of intuitive/disciplined eating and exercise just works.

People told me when I was at my heaviest, about 15 pounds heavier, You're fat, they would say. Or you're big boned. Or it's genetic. And they would judge me and give me looks. But definitely made me feel like there was nothing I can do about it. When I lost weight and was at my happiest weight, thin and very toned, and healthy! The same people- they went beserk. You're too thin! You look gross! You're awful! Look at you, eating only vegetables! Are you crazy!? Meanwhile, it was the only time I was just at a completely normal weight. I looked totally fine. I realize that NOW- two years later, when I look back at pictures. But then, they had made me feel like something was wrong with me. They made me feel worse than when I was fat! They made me feel BAD about my weight loss because it intimidated them, and I let their negativity affect me. She addresses these issues in her book amongst many more! (Another thing: I also realized I was using similar methods to what Alyssa did when I was maintaining that size.)

What I noticed: how Alyssa loses weight is how most celebrities (But don't admit it) and many people lose weight and keep it off. Its a lifestyle change! And she also explains her reasoning for all her choices in method, busts many myths, and the whole nature of becoming a skinny person- in way you can maintain forever. Just read it. It all makes sense. It's so simple. Not that it won't be a challenge. But really- it's a simple method.

Seeing the real me come out from underneath the unnecessary pounds has been amazing.

14 of 18 people found the following review helpful.

A story of weight loss, not a template

By Anon

After being a longtime follower of "sweetthinspiration" on Tumblr, I thought I'd read the book for myself to see where all of the "pro-ana" critiques were coming from. From the very beginning, the author makes it clear that she is not a registered dietitian, doctor, personal trainer, or any variation of the above; she is simply a young woman who became tired of feeling "fat," and decided to make a change in her life. The book is a narrative; not a diet plan or a template for weight loss. It chronicles the struggles people in all weight categories face-- i.e., prejudices for being too skinny or overweight, the difficulty of staying motivated, the perils of being "social" without completely losing sight of an end goal--and offers the story of how one individual learned to cope with and overcome these triggers we all face.

Although I don't necessarily agree with some of her methods,I appreciate that the author depicted her personal struggle of weight loss, and that it is HARD work and can't be attained through gimmicks, special foods or weight loss supplements. If you are looking for a book that gives you a complete "guide to skinny," this is probably not for you. However, if you are looking for a success story, tips on how to overcome societal pressures, an honest look into the difficulty of losing weight, or anecdotes on the euphoric feeling that results from accomplishing(previously unattainable) goals throughout the weight loss process, then look no further.

See all 39 customer reviews...

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