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# Diet Right For Your Personality Type: The Revolutionary 4-Week Weight-Loss Plan That Works For You



## Synopsis

Health and fitness expert Jen Widerstrom learned one important thing about weight-loss success through years of working with her clients and now contestants on NBC's The Biggest Loser: when it comes to dieting, one size will never fit all. In order for you to successfully lose weight, your diet plan needs to tap into your traits and tendencies as an individual. In *Diet Right for Your Personality Type*, Widerstrom introduces a revolutionary plan for maximizing weight loss and keeping the pounds off for good by adjusting your eating patterns, habits, and diet to best fit your personality. After all, understanding the ideal way to harness your personal strengths and navigate your roadblocks will help you effectively lose weight for the long term. Starting with a simple assessment, you'll identify your dominant personality type: the Everyday Hero (very giving and always puts others first), the Rebel (free-spirited and noncommittal), the Organized Doer (the type-A personality who craves routine and rules), the Swinger (the adventurous type who follows the trendiest fads), or the Never-Ever (believes if the pants don't fit, it's time to buy bigger pants). Once you've identified your personality type, you will be guided through a tailored four-week diet and fitness plan that works for you instead of against you. With meal plans, recipes, exercise routines, and more, losing weight and maintaining a lasting healthy lifestyle has never been this simple.

## Book Information

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## Customer Reviews

"The most customizable weight-loss plan out there! Determining your personality type is key to achieving long-term results. Jen is what diet and fitness are about and what they should be about! Positive. Fun. Upbeat. Reliable. Effective. Enjoy this amazing bookâ "I did!"- Gunnar Peterson,

C.S.C.S., celebrity trainer "I've had the privilege of working with Jen for several years now on NBC's hit show *The Biggest Loser*. Jen knows that there is no 'one size fits all' approach when it comes to diet and exercise, and in her new book, she zeros in on what type of personality you have and matches a plan to fit that personality." "expect maximum results!" - Bob Harper

On an interesting way to approach losing weight: "a plan not of different foods but of different dieting and exercise habits to adopt." - *New York Times* Book Review

At the forefront of the health and fitness community, JEN WIDERSTROM is committed to helping people understand, learn, and implement a holistic approach to health and wellness. Formerly a star of "American Gladiators", she is now a trainer on NBC's "The Biggest Loser". After completing her degree at the University of Kansas in Sports Administration, she went on to become certified by the leading certification program in the country, National Academy of Sports Medicine with an emphasis in nutrition, balance training, cardio performance, reactive and resistance training as well as in neuromuscular stretching. Jen is also committed to helping others through philanthropic endeavors, volunteering at orphanages and schools throughout Rwanda, Kenya, and Malawi and hosting events on Goodwill Military tours for troops in Kuwait and Iraq.

I'm not familiar with the author, but I found this book while searching personality types and I was hoping that this would have to do with MBTI as I'm very interested in that and the more I learn about my type the better I have come to understand myself. Even though it wasn't I was pleasantly surprised by it. My MBTI type is ENFP, but when I took her test I scored 2/3 Never-Ever and 1/3 Swinger (which fits into my MBTI type). I was surprised by how well the diet plan fit me. It was like she was describing my life and struggles when she wrote about the Never Ever type and it really hit home that it isn't just me. The diet plan is exactly what I know I need too, from past experience. It starts out strong (because I need to see serious weight loss to stay motivated) and gradually switches to long-term sustainable over the 4 weeks. So it is something I can easily live with while seeing weight loss results. I haven't started it yet because I'm still in the preparation stage (she has you evaluate which stage you are in to best set you up for success), but I wanted to share what I like and I will update after I've finished it. I have only read the Never-Ever and Swinger personalities because those are my dominant and recessive personalities and I haven't tasted the recipes yet, but here is what I think so far:

Pros:- I appreciated the Are You Ready Section? because it helped me see that I am not in the right frame of mind to start now (I can't be the only one who jumps right into good ideas and fails because I wasn't ready and then I think the plan stinks?!). Instead she lays

out the different steps and how to get to the next step, so we won't set ourselves up for failure...again.- I think the personality testing was very accurate (at least for me). It really helped me see where I struggle and own that, so I can be successful...this time. She also gives several examples of that personality type for us to see this plan in action with real people.- She is big on real food. So you won't see a bunch of recipes including fake sugars or boxed foods. Which is a big plus in my book!- The diet plans include menus (including meals, snacks, and drinks), shopping lists, hydration tips and preparation tips. She has the strict structure for the personalities that need that guide, but for the personalities that rebel against it she gives you plenty of options to choose from. She also gives you plenty of recipes to keep going after the 4 weeks are up.- She gives you plenty of researched methods to back up the why. I'm the type of person who needs to know why to accept something. If you're not that type you can just skip over those sections, but it's there for those of us who want it.- She gives general exercise tips and exercise tips that are easily relatable for each personality to get you going and keep you going.- There are exercise plans included for a 16 minute total body workout for using just body weight, just resistance bands, just dumbbells, just barbells, just medicine balls, just isometric to plyometric or combinations of different ones. They are HIIT with strength and cardio, but should be dialed back or up depending on your fitness level.- Lastly she gives you tips to keep going after the 4 week diet is over and answers some questions she gets regularly to help you stay successful.Cons:- The exercises are an HIIT mixture of strength and cardio. Which is a great workout, but for those of us severely overweight and out of shape you might want to take them at an easy pace or pick something else. This can be a con if you are not prepared for it and go into it thinking they are only made for beginners. You need to dial it up or down depending on your fitness level.- It requires cooking. She is big on real food. So that means that if you rely on takeout or prepackaged foods you will need to find a good system for preparation and cooking. She gives you a lot of tips and walks you through all of the steps on cooking her recipes, so you will not be left on your own to figure this out.- It's not a huge minus, but something I thought people should be aware of, in case you are the type to throw away all of the good advice because you don't agree with everything she says. I think that some of suggested methods are things that I think the jury is still out on. I don't claim to be an expert (by any means), but articles I have read from Precision Nutrition (a program I trust, but am not ready to use myself) claim that the research is uncertain as to the when to eat certain foods and some other things is really that helpful. Even if you disregard those things it is still a very helpful plan to get you going and understand what you need.Overall I think that the pros outweigh the cons by a lot. I would recommend this book to people that are looking for a starting point to losing weight their way, but don't want to be on a "diet" long

term. For those that need somewhere to start a healthy lifestyle and build habits, but want to turn it into a healthy lifestyle for the long term. Not just start another diet.

Find the process which works for YOU! I do hate the term "diet" If you want lasting change you have to make lasting changes. You cannot just restrict calories and then go back to what made you overweight. If you want to change your body you have to change your life.

Fantastic book! I read constantly, but rarely write reviews. This book inspired me! The recipes are delicious -- definitely imaginative beyond my creative powers -- and they're easy to prepare. I've been introduced to foods and combinations of foods that I've never before tried, and now I'll keep eating them because I like them so much. Weight loss after 10 days, is very minimal, but I feel much better and have tons more energy.

This book truly comes from the heart and from a professional who knows what she's talking about. It fits your personality which makes all the difference in your weight loss journey. I learned so much I didn't know and so many things I can use on a daily basis to help keep me motivated and keep my diet and workouts as efficient as possible. I am so impressed with Jen Widerstrom and love her genuine heart in this process!

Excellent book; after reading this I realize why I have not lost weight. If you have struggled with your weight and you want that struggle to end, this is the book for you.

I've read many books and tried many things and this is the the only one that made me really think about who I am and how I behave really affects the way I eat. I laughed most of the time cause she is soooooo right. Made small changes that made such a difference and it was so easy to follow! Get this book, read it and use it! Thank you Jen!

I started reading this yesterday and really got into it today...but then I looked at the recipes and this not going to work for me. I don't have a slow cooker to make bone broth and I don't like tea. These are 2 big staples in the first week. I'm gonna go back to one of my other books. I did take the test and the one it came out being is right but it's not enough to keep me on the plan...especially with being on an extremely tight budget. It's worked for a lot of people just isn't a good fit for me.

This book was a real eye opener for me. I took the test, thinking the questions would never reveal anything about me. When I discovered my diet personality type, it was spot on. It explained my habits and perspective in a specific way that I would never have analyzed. Knowing those things about myself have helped me do several things to stay focused: keeping a journal, weighing myself every day. I was pretty impressed with this book.

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