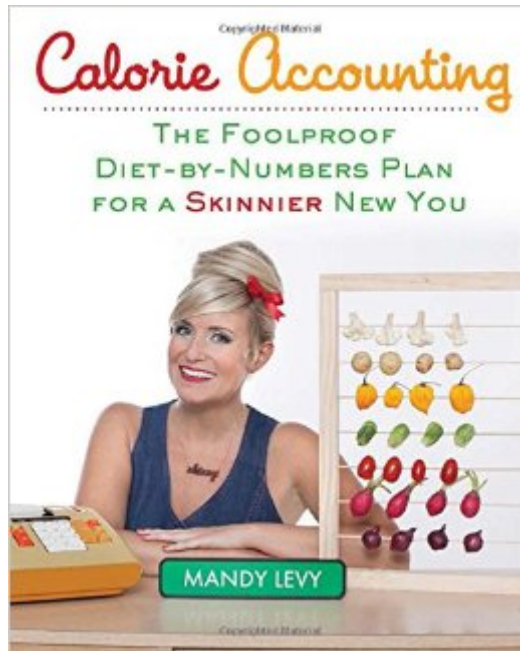


The book was found

Calorie Accounting: The Foolproof Diet-by-Numbers Plan For A Skinnier New You



Synopsis

Dieting is ridiculous. It's a never-ending roller-coaster ride of ups and downs, corkscrews and loop-the-loops, rattled brains and upset stomachs. Every day a new morning show nutritionist announces the latest yoga pose or rare strain of kale designed to attack those stubborn ass dimples, but every day, no matter what new acai Kool-Aid you're drinking, your ass dimples are multiplying! It's not adding up, and it's time to do the math. Calorie Accounting is a fun and funny, cool and creative, visual and vibrant lifestyle how-to that delivers the skinny on the arithmetic of weight loss. Typically, there's nothing less enjoyable than being fat and preferring not to be, but Calorie Accounting finally allows us to cut the crap and face this thing head on—with jokes, puns, humiliating photos, and self-deprecation! Because after all, in the all-too-heavy world of health and fitness, can't we afford to lighten up a bit? Calorie Accounting is a tried-and-true diet plan, developed, followed, and documented by Mandy Levy, your author and sarcastic best friend. Her been-there-done-that words and pictures will inspire, mentor, and guide you through your own weight-loss success story with step-by-step instructions and extended metaphors for: Checks and balances! Shopping! Shakin' that moneymaker! Recipes (for disaster)! And more!

Book Information

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Customer Reviews

I've read pretty much all the fad diet books -- written by this or that doctor, specialist, body builder, coach, you name it -- and have tried pretty much all the fad diets. Inevitably, I would either not lose any weight, or I'd get horrible low blood sugar (headaches, insomnia, shakiness, crabbiness), or I'd get terrible vitamin and mineral deficiencies due to not eating a balanced diet. I've always known,

deep down, that it's the calories. Well, I read Mandy's book (Kindle version) and she got me inspired to go for it. I signed up with FitnessPal.com (a great tool to help you track your calories), and in the 2 weeks I've been doing this, I've already lost 5 lbs. That includes the 2 lbs. that I gained back at a birthday party and then re-lost. No low blood sugar, no deficiencies. No headaches, nada. And I'm eating foods that I enjoy. I've gotten used to eating less, so I get full faster. I'm feeling Just Fine and losing the blubber. I couldn't be more thrilled ! I'm going to keep at it 'til I've lost all my flab.

I wish I'd found this years ago. I was super fat with baby weight, and all my idiot co-workers told me that Atkins was the way to go. So I cut out carbs and got results, but I was miserable so I started eating carbs again and then I got fat again. A friend of mine suggested I try Calorie Accounting, because there are no weird restrictions or ridiculous rules. You can basically eat whatever you want as long as you keep it reasonable. (There's maybe no room in your calorie budget for a tube of cookie dough, but an occasional Oreo is not out of the question.) It's practical, it works with what's already in my kitchen (except for that tube of cookie dough), and it's FUNNY. I enjoyed reading it so much that I was sad when it was over. I hope to see more from Ms. Levy in the future! Great stuff.

I just read Calorie Accounting cover to cover and I definitely give it 5 stars. The diet is simple and practical and the book itself is enjoyable to read. I actually laughed out loud several times - I don't think I've ever done that while reading a diet book before. The way Mandy writes, she sounds like a real friend. She is relatable and funny. Also, the photos, cute illustrations (one of these sausages is not like the others), and cool page borders add to the book's overall appeal.

HOLY CRAP!! (no pun intended - there's a hilarious chapter all about poop) Mandy Levy brings humor, entertainment, and logic to the all-too "heavy" world of weight loss. She's not a trainer or a nutritionist. Just a normal girl who wanted to look good and figured out a way that's actually kind of fun (and funny). If you need to lose a few and laugh while doing it, this is the book for you. Makes a great gift, coffee table book, and everyday weight loss companion. 5 stars!

I had the pleasure of seeing Mandy in person for a live reading and she is absolutely hysterical! The pictures alone are enough to make anyone burst out laughing. Mandy takes an otherwise mundane topic and makes it FUNNY and more importantly, FUN. Not to mention it makes sense and works... I hope she continues to write!!

This girl has sass and class and the real knowledge to help you lose weight. I highly recommend Calorie Accounting by Mandy Levy!

Diet books would probably seem boring but this author is very humorous and made this a fun read. I think that a paper book may have been a better choice than an e-book because She has recipes in the book and it will be hard to go back and use them.

Funny, Foolproof, Informative, Unfiltered, & Photographically Fabulous Definitely NOT your Grandmother's Diet Book Think Bridesmaids meets SNL meets Weird Al - Stylistically, that's Calorie Accounting Mix motivation with empathy, combine valuable content with a heap of humor, pepper with some self-deprecation, season with a sprinkling of salty language, and voila, Mandy Levy's diet book provides the recipe for weight loss success (and a ton of fun).

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