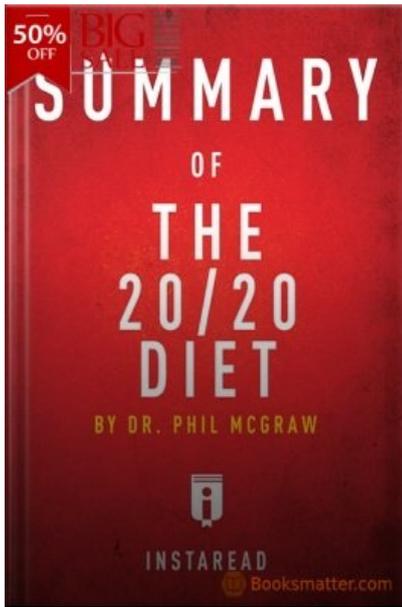


Summary of The 20/20 Diet

SUMMARY OF THE 20/20 DIET EBOOK AUTHOR BY INSTAREAD



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Release on: 2015-01-30

ID Number: Su-D6AF550420 - Lang: US ENGLISH

Format: PDF, ePub, Kindle, Audiobook

Size: 597.06 KB

Genre: Study Aids

Summary

PLEASE NOTE: This is an unofficial *summary and analysis* of the book and NOT the original book.

Summary of The 20/20 Diet by Dr. Phil McGraw | Includes Analysis

Inside this Instaread:

- Summary of entire book
- Introduction to the Important People in the book
- Key Takeaways and Analysis of Key Takeaways

Preview of this Instaread:

Dr. Phil McGraw is a former psychologist, perhaps best known for his popular afternoon talk show. He has written several books geared toward self-improvement, including *The Ultimate Weight Loss Solution*. Since the publication of that book ten years ago, dietary research and his own insights into the nature of weight loss have inspired him to write *The 20/20 Diet Book*. This book offers an approach to weight loss based on eating the right foods, performing the right exercises, and using techniques from psychology to harness control over food cravings.

The 20/20 Diet Book is for people who are ready to be honest about their problems with weight and are ready to take action. Many people have experienced problems controlling their weight and have, at times, been in denial about the extent of their issues. Others may complain intermittently, but not make any moves to improve their situation. They are not honest...

About the Author

Summary Summary of The 20/20 Diet Book

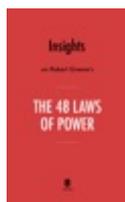
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Others book from Instaread

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The 48 Laws of Power by Robert Greene is a self-help book offering advice on how to gain and maintain power, using lessons drawn from parables and the experiences of historical figures. Power depends on the relationships between a person and those he or she seeks to control...

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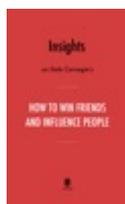
[INSIGHTS ON ROBERT KIYOSAKI'S RICH DAD POOR DAD BY INSTAREAD](#)



Robert Kiyosaki's *Rich Dad Poor Dad* (1997) is an educational story that contrasts the mindsets of the rich and the poor. The Poor Dad is the main character's biological father, who works as a college professor...

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[INSIGHTS ON DALE CARNEGIE'S HOW TO WIN FRIENDS AND INFLUENCE PEOPLE BY INSTAREAD](#)



How to Win Friends and Influence People by Dale Carnegie is a classic self-help book. It instructs readers on ways to improve their standing with others and convince others to do things using strategic courtesy, conversational techniques, and proven methods of motivation...

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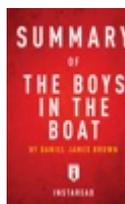


*The Subtle Art of Not Giving a F*ck* by blogger Mark Manson is a candid self-help guide for anyone who needs a dose of inspired but realistic perspective on their path of self-development. Manson's personal experience in self-improvement is the cornerstone of his philosophy...

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[THE BOYS IN THE BOAT](#)

Summary of *The Boys in the Boat* by Daniel James Brown | Includes Analysis

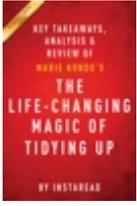


Preview:

The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics by Daniel James Brown, is a non-fiction account of the remarkable life story of Joe Rantz. Rantz was a determined young man who overcame personal tragedy and hardship to win a gold medal at the 1936 Olympics as a member of the US rowing team.

When Joe was four, his mother, ...

[THE LIFE-CHANGING MAGIC OF TIDYING UP](#)

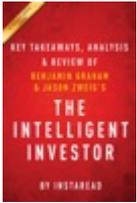


The Life-Changing Magic of Tidying Up by Marie Kondo | Key Takeaways, Analysis & Review

Preview:

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing (2011) by Marie Kondo helps readers discard unnecessary items, reorganize their possessions, and properly store items in a home. The procedures Kondo developed for organization and decluttering are called the KonMari Method. Those who follow these Japanese methods of...

[THE INTELLIGENT INVESTOR](#)



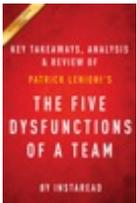
The Intelligent Investor by Benjamin Graham and Jason Zweig | Key Takeaways, Analysis & Review

Preview:

The Intelligent Investor: The Definitive Book on Value Investing by Benjamin Graham, with commentary by Jason Zweig, is a thorough guide to the principles of portfolio creation, cost management, stock and bond picking, and stock ownership for the defensive, long-term investor...

PLEASE NOTE: This is key takeaways and ...

[THE FIVE DYSFUNCTIONS OF A TEAM](#)



The Five Dysfunctions of a Team by Patrick Lencioni | Key Takeaways, Analysis & Review

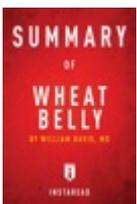
Preview:

Patrick Lencioni's *The Five Dysfunctions of a Team* is about the reasons teams fail to work together for the collective good of an organization and ways to overcome these problems...

PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Inside this Instaread of The Five ...

[SUMMARY OF WHEAT BELLY](#)



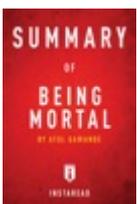
Summary of Wheat Belly by William Davis | Includes Analysis

Preview:

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health, originally published in 2011, is a passionate manifesto deriding modern wheat. Author William Davis identifies human consumption of gluten as the chief culprit in many common health ailments.

Wheat is the top problem with the American diet. Over the past 50 years, Americans have not only ...

[SUMMARY OF BEING MORTAL](#)



PLEASE NOTE: This is a summary of Being Mortal and NOT the original book.

Preview:

Being Mortal, written by Atul Gawande, brings to light an array of concepts involving death, mortality, aging, and terminal illness. Gawande includes extensive research and chronicles the stories of his patients, other doctors' patients, and his own family members...

Inside this Instaread of Being Mortal:

- Key Takeaways ...

[INSIGHTS ON GRANT CARDONE'S THE 10X RULE BY INSTAREAD](#)

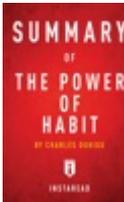
Summary Summary of The 20/20 Diet Book



The 10X Rule: The Only Difference Between Success and Failure by real estate mogul Grant Cardone is a no-holds-barred exhortation for people to aim higher and work harder. By employing this discipline, people can render themselves impervious to even the most unforeseeable of obstacles...

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[SUMMARY OF THE POWER OF HABIT](#)



Summary of The Power of Habit: by Charles Duhigg | Includes Analysis

Preview:

The Power of Habit by Charles Duhigg is a thorough examination of several case studies about how habit formation and habit change impact daily life. It details the experiences of individuals, corporations, and organizations to illustrate how habits are made and why, how they can be changed, how habits of all kinds are used in businesses to attract customers or manage employees, and...

[EXTREME OWNERSHIP](#)

Extreme Ownership by Jocko Willink and Leif Babin | Key Takeaways, Analysis & Review



Preview:

Extreme Ownership by Jocko Willink and Leif Babin is a guide to applying leadership principles of the United States Navy's Sea, Air, and Land Teams (SEALs) to business. At the center of the strategies that Willink and Babin illustrate is taking complete responsibility for everything in which all leaders are involved...

PLEASE NOTE: This ...

[INSIGHTS ON JOHN GRAY'S MEN ARE FROM MARS, WOMEN ARE FROM VENUS BY INSTAREAD](#)



Men Are from Mars, Women Are from Venus by relationship expert Dr. John Gray is a self-help guide to understanding the opposite sex so that romantic relationships can be more fulfilling, healthy, and loving. The key to lasting, successful partnerships is understanding and appreciating gender differences by recognizing that men and women operate so differently that they might as well be from different planets...

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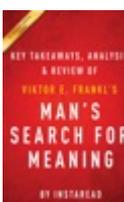
[INSIGHTS ON DAVID SCHWARTZ'S THE MAGIC OF THINKING BIG BY INSTAREAD](#)



In *The Magic of Thinking Big* (1959), professor and leadership expert Dr. David Schwartz argues that the "size" of people's thoughts determines their success in life. Big thinking is categorized as positive and progressive and small thinking as negative and regressive...

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[MAN'S SEARCH FOR MEANING: BY VIKTOR E. FRANKL KEY TAKEAWAYS, ANALYSIS & REVIEW](#)



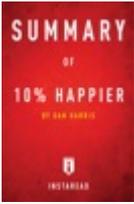
Man's Search for Meaning: by Viktor E. Frankl | Key Takeaways, Analysis & Review

Preview:

Man's Search for Meaning by Viktor Frankl is a memoir of Frankl's imprisonment in concentration camps during World War II, and a brief description of the principles of logotherapy, a school of psychotherapy that he founded.

Frankl and his family were imprisoned in concentration camps during the war. Frankl was held in several camps before he was ...

[SUMMARY OF 10% HAPPIER BY DAN HARRIS](#)



Preview:

10% Happier chronicles author and television news reporter Dan Harris' life as he discovers mindfulness, meditation, and Buddhist theories for happiness and wellness.

A war reporter in the trenches for the American Broadcasting Company News (ABC News), Harris began to struggle with depression while at home between assignments. To battle the symptoms of depression, he began using drugs. Harris had a panic attack while on the set of Good Morning America. A year later, Harris...

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