

Weigh Yourself Slim

Mirela Holmes

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This promising new approach to dieting help dieters understand that weight loss is more possible than they think.

Weigh Yourself Slim by M. Holmes puts forth a simple premise to help dieters transform their bodies. To “become a slim person,” Holmes says, dieters need to weigh themselves each morning while naked, using an accurate scale.

The idea is that paying attention to daily weight fluctuations will teach people what works for them, allowing them to develop their own diet and exercise plans. Holmes contends that attitude is a big part of dieting success, and seeks to help dieters understand that weight loss is more possible than they think.

“It is a misconception that slim people can just eat whatever they want,” Holmes writes. She goes on to say that the only difference between slim and overweight people is a natural, subconscious ability to balance their diet. The book directs dieters toward a healthy mind-set. It emphasizes things like acknowledging turning points and visualizing how life will be different once weight is lost.

Weigh Yourself Slim is without the outlined plans and tested recipes sometimes expected of books in this genre. Still, Holmes does offer dieting tips, including how to avoid common pitfalls and how to cultivate awareness of the particular, individualized effects of different foods. Holmes is open about her lack of a medical background, but asserts that she has used these methods to transform herself from an overweight smoker into a much healthier person. Others have followed her advice with success, too, she claims. The author's deference to British units of measurement may trip up some American readers, but this isn't a major impediment in a work with so much solid advice.

Weigh Yourself Slim is a quick, simple introduction to a dieting method that anyone can easily try, starting from wherever they are. The book's encouraging tone and accessible, chatty style is endearing, even if its proposals might sound too good to be true to seasoned dieters. People who expect diets to have a lot of rules and timelines might be disappointed—or might not know what to do with—this book, but for those who come to it with an open mind, *Weigh Yourself Slim* will provide welcome assurances that weight is controllable without as much struggle as many diets seem to require.

Holmes says that her method should be enjoyable but not easy. Her book, however, is both, and should give those who have resolved to make a change an easy place to start, along with some solid tools for the journey.

SARAH WHITE (January 5, 2016)

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