



## **The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom**

*Phillip C. McGraw*

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**The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom** Phillip C. McGraw  
DR. PHIL McGRAW'S #1 BESTSELLING PHENOMENON IS CHANGING MILLIONS OF LIVES --  
FREE YOURSELF FROM DIETS THAT DON'T WORK AND DISCOVER *THE ULTIMATE WEIGHT  
SOLUTION*

You have made the decision to take control of your weight. Dr. Phil McGraw's powerful bestseller gives you the tools for life-changing weight loss. If you're ready to get real about your weight, if you want to end the frustration of the diet cycle, you have found the ultimate solution -- *The Ultimate Weight Solution*.

This groundbreaking, scientifically sound plan is a step-by-step, personalized approach that transforms you from the inside out, as you gain control over your:

food habits and emotional eating traps

portion control

exercise and lifestyle choices

restaurant and social dining

strategies for right thinking

daily food plan with sample menus

...and more!

**It's your health, it's your life, it's your decision.**

## **The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom Details**

Date : Published December 27th 2005 by Pocket Books (first published 2003)

ISBN : 9781416513186

Author : Phillip C. McGraw

Format : Paperback 464 pages

Genre : Self Help, Nonfiction, Health, Food and Drink, Diets



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**Phillip C. McGraw**

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## **From Reader Review The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom for online ebook**

### **Debbie says**

I loved this book. So much happened and I read it so fast that I went back at the end and re-read a few parts so I could fully grasp what was going on. I was really surprised that Dimitri was changed back so early in the book and boy, did I get mad at him for the crap he was pulling with Rose afterwards! If I think about it, it was not fully out of character for him to try to pull out of her life but to worship Lissa at the same time was really irritating. I was glad that at the end it still looked like he would be there for her—that gives me some hope for book 6. And Adrian—what can I say there? That poor guy—I really was glad for him when he broke it off with Rose but then they got back together!!!! This was a soap opera LOL. I loved that Abe showed up at the last minute to defend Rose—he's a cool character. I hope that everyone has a happy ending-looking forward to book 6!

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### **Marsha says**

This book has some interesting things to say about why people eat in ways that are unhealthy. The insight I got from the book is that most of the eating behaviors that cause weight gain occur at specific and limited times that are different for each person—for example one person might feel compelled to eat a lot of chips every night, and another person might feel compelled to visit fast food restaurants several times a week. If you figure out what specific habits are causing you to be overweight, you can target them.

I listened to the audio version of this book, read by Dr. Phil himself, so I had the unpleasant feeling that Dr. Phil was yelling in my ear. I was jumpy the entire day!

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### **Monika says**

I bought this book with lots of others that deal with weight loss.

Phil McGraw doesn't disappoint. The biggest bonus is the psychology knowledge that he brings to the topic and that is why his section on emotional eating and how to overcome it is the most valuable. Otherwise his approach to weight loss feels too controlled and too disciplined for me.

I found the biggest success weight wise, mood wise, life wise even (I think it did change my life), when I quit sugar, an addictive substance for many. This is tough, but after 2 weeks to 4 months you will have only your emotional eating to deal with and even then it's hard to overeat when your hormones are in balance (thanks to quitting sugar). I highly recommend books from David Gillespie and Sarah Wilson to get you going if you wish to try.

And you do have to deal with your emotions:

"If emotional pain or problems have cropped up in your life, you must insist on getting closure. Closure means you don't carry the problem or the pain. You address the issue, then you slam shut the book and put it

away."

Happy reading!

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### **Mountain Girl says**

I made it about 3/4 of the way through. Not because of the information, but because I already KNEW the information. Weight loss is simple: Eat healthy, eat less, exercise more. I think this would be an EXCELLENT book for very overweight people who are just taking the first steps to alter their health and have NO idea where to begin. Dr. Phil is homey, easy to read, and "speaks" to you like you're his neighbor. This resonates well, because it is non-threatening and easy to hear, even if the information is difficult to hear. So, I (personally) didn't learn anything new. What I did "relearn" is how to stop and think about what I'm doing. I eat when I'm bored, I eat when I watch TV, and I often snack on treats at work because they are right in front of me. I've reprogrammed myself to "stop" and think first. Now, I may still have a donut at work, but I've THOUGHT about it first and made the DECISION to eat it. I've also THOUGHT about it and made the decision NOT to eat the donut, and this feels very rewarding to me. I am not overweight, but I could stand to lose a few pounds so my clothes fit better. Not a drastic wardrobe change, but a more comfortable fit with what I have. After reading this book, I feel confident that I'll be able to do this.

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### **Adrienna says**

I started the other day listening while going to the gym; once I got to track 15 it spoke about his CD ROM to review PDF files on ideal weight, stress, and other tools to assist in weight loss. While listening to the CDs in the car, it is motivating and helpful so far but unable to take notes but only mental notation. So far he is speaking what we already heard, need to hear, or just to get us in gear! I still have 4 more CDs to go. But printing or taking notes from PDF files on the CD ROM.

In one of my gym classes a woman advised this book and "Choose to Lose" which is a trainer that another friend told me to watch last year since I usually watch "Biggest Loser".

\*Detoxing for 10 days by JJ Smith right now; not easy but you see what foods you will reach for when it thinks it is starving and these are the same snack foods I am working on eliminating to later eat in moderation once I lose the weight.

It was an okay read.

Adrienna Turner  
Author of God is in the Equation  
[www.dream4more.org](http://www.dream4more.org)

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### **Alissa says**

I enjoyed Dr.Phil's "Get Real" approach to weight loss. I like to hear it straight, listen to the facts, and feel that I gained a better perspective on living healthier. This has lots of practical advice but be forwarned... you

may actually START to exercise and start eat right (cause most likely if you are reading this book, you may find those things to be a bit challenging):)

My favorite advice is that 'motivation' alone will never get you to loose weight, it simply can't carry you to your goals since it's dies to quickly and fades to easily in the face of temptation... Dr. Phil helps you to realize the importance and reality of what being overweight means (in every sense) and why it should be important enough to each of us to MAKE THE DECISION try harder and put into practice the things that we know are good for us to do. VERY good book, recommended to anyone whether you have 5 lbs. or 500lbs. to loose.

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## **Cindy says**

This was not much new, but then the principles of weight loss are pretty much the same no matter which celebrity or weight loss program you use - eat high-quality, low calorie, nutritious foods in a balance of protein, carbohydrates and fats; move regularly and balance the exercise with movement, flexibility work-outs, and strength training; and get your head in the right place by setting up your home and work spaces for success.

Dr Phil structured his book with 7 keys to control:

Self-control - thinking and goal setting

Emotional control - replace food with other, healthier actions when emotions get the best of you

External control - setting up your home and work for success; you can't eat what you don't buy

Habit control - replacing bad habits with good ones

Food control - eating nutritious balanced meals

Body control - moving, flexibility, and strength training

Social Control - getting a team behind you and replacing those who undermine your efforts

Things to remember:

Focus on substituting activities that interfere with overeating and other self-defeating behaviors you're trying to eliminate. Find activities that are 1) readily available and 2) interfere with the action of eating. These become coping tools to substitute for overeating. 3 broad categories of activities include:

### ***FUN***

Pursue a hobby

Work in the garden

Learn a new sport or take up an old favorite

Visit or call a neighbor or friend

Write in a journal

Give yourself a manicure or pedicure

Watch or go to a movie

Read a book or magazine

### ***RELAXATION***

Meditate or pray

Go for walk or swim

Exercise video

Dance

Take a shower or bath

Listen or sing along to music

Take a short nap

***OBLIGATORY***

Housework

Pay bills

Balance checkbook

Wash car

Clean out a closet or drawer

Run errands

Brush or floss teeth

Vitamin supplements to consider:

Multi-vitamin/mineral formula

Vitamin C 500mg

Vitamin E 400 units

Calcium 500-1000 mg

Food plan suggestion:

Breakfast - fruit, protein, cereal/bread, other (fat or milk)

AM snack - milk, fruit

Lunch - protein, veggies, grain/bread/starch

PM snack - milk, fruit

Dinner - protein, veggies, grain/bread/starch

Aim for 3 servings protein, 2 servings dairy, 2 fruits, 4+ veggies, 2-3 servings starches, 1 serving fat

Really made me think of the Weight Watcher program.

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**Velma says**

WTF? I went through one of those "I'm gonna get healthy, come hell-or-highwater!" phases in spring 2004, some kind of need for internal spring cleaning, methinks, and this book was one of the "tools" I put in my cleaning arsenal. And whaddya know, there's only one way to healthy weight loss: eat less, move around more. Duh! Dr. Phil is raking in the cash by re-packaging this one truism in the guise of a diet book, all slicked-up with a healthy (or unhealthy) dose of pop-pseudo-psychology. Not my cuppa. Time to head to Bookcrossing!

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**Alina says**

Nope, nothing new here. For those of you who are expecting to find some sort of magic formula in this book for weight loss , let me tell you this : you won't! No magic potion , just healthy food and working out.

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### **Tamra says**

Read this book last year when my husband and I both did a Health and Fitness Challenge together. His goal was to lose more weight and mine was just to be healthier. He had already used this book as the motivator and guide to losing almost 40 lbs. and during the challenge lost another 25 lbs. or so.

Anyways, this book is fantastic. It makes you commit to things, and if you're not ready to commit, then DON'T READ THE BOOK. Simple as that.

The book is an excellent guide to making changes in your life, and not just weight-loss related goals. He goes into the reasons why people fail to lose weight and talks all about building a supportive environment for yourself. If you don't think about all those other things that seem "unimportant" (you know: "I can lose weight without changing that habit"), then you won't be successful. It's a POWERFUL lesson.

I learned through this book that I had been undermining my husband's efforts to lose weight. For years. And I didn't know it. So it's worthwhile to read the book even if it's a loved one that wants to lose weight. It'll help you know how to be more supportive.

I have to disagree with him a little, though. He says will power is a myth, but I think will power can be a powerful tool. Some people are better at having will power than others--a lot of us truly suck at it. But still, I think will power exists. ... But that's just me picking at the nits. The book is excellent.

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### **Ashlie says**

I resisted this book.

However, it was recommended to me by a very pregnant lady at the gym, who then lent me the book. Out of respects, I started it. It's not bad.

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### **Deirdre says**

some helpful information

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### **Wanita says**

Most useful if you purchase it, and can review the keys when you need to. Some of the same old same old, but written very well. It helped me get started.

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### **Peggy says**

OMG this Book and Dr Phils words has so help me. I was at my wits end and i had my fair share of D-I-E-T-

S ..... Especially the one's that Did Not Work ! Ok this isn't a Diet by far . Its a Self look at Your Inner person . A look that will Open Your Eyes to finding out what it is in your life that has you bound. It help me go from 233 lbs to 169.lbs not by starvation nor by wont work diets. But by taking a look at other issuse in my life that had me bogged down . Helping me to find the real cause of being overweight . And once i found out what my issues were ...Wow did the weight start to go . This book change my life and the way i saw myself . It Saved My Life !

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### **Dale says**

This book (unlike Make the Connection) does have some very good parts to it. Phil has good advice and his page chewing nearly pointless never ending "audits" are occassionally informative. But to get to the good stuff you have to wade your way through his enormous ego which shines through in every page.

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