

it's not a diet: the number one sunday times bestseller

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In today's fast-paced world, the pursuit of health and wellness often feels like a constant battle. Countless diets promise quick fixes, dramatic weight loss, and instant transformations. However, the bestseller "It's Not a Diet" has emerged as a refreshing and revolutionary approach to sustainable health. Topping the Sunday Times charts, this book offers more than just another fad; it presents a holistic philosophy that emphasizes balance, mindfulness, and long-term lifestyle changes rather than restrictive dieting. In this article, we'll explore what makes "It's Not a Diet" a standout in the crowded wellness space, delve into its core principles, and provide practical tips to incorporate its teachings into your daily life.

Understanding the Philosophy Behind "It's Not a Diet"

Breaking Free from Diet Culture

Many traditional diets are based on rigid rules, calorie counting, and exclusion. "It's Not a Diet" challenges these paradigms by advocating for a mindset shift:

- Recognize that health isn't solely about weight loss.
- Focus on nourishing your body rather than punishing it.
- Embrace flexibility instead of strict deprivation.

This approach encourages individuals to develop a healthier relationship with food, steering clear of guilt and shame associated with eating.

The Importance of Mindful Eating

At the heart of the book's philosophy is mindfulness—being present in the moment and attentive to hunger and fullness cues:

- Eat slowly and savor each bite.
- Pay attention to how different foods make you feel.
- Recognize emotional triggers that lead to overeating.

Mindful eating fosters better digestion, reduces overeating, and enhances overall satisfaction with meals.

Prioritizing Mental and Emotional Well-being

The book emphasizes that physical health is intertwined with mental health:

- Cultivate self-compassion.
- Manage stress through meditation, exercise, or hobbies.
- Seek support when needed.

By addressing emotional well-being, individuals are more likely to sustain healthy habits and feel empowered.

Core Principles of "It's Not a Diet"

1. Focus on Holistic Health

Rather than obsessing over weight, the book encourages holistic wellness:

- Incorporate physical activity that you enjoy.
- Ensure adequate sleep.
- Maintain hydration.
- Incorporate social connections.

Healthy habits in these areas contribute to overall vitality.

2. Embrace Flexibility and Moderation

Rigid food rules are replaced with a moderate, balanced approach:

- Allow yourself to indulge occasionally without guilt.
- Avoid labeling foods as "bad" or "good."
- Practice intuitive eating—trust your body's signals.

This prevents feelings of deprivation and promotes sustainability.

3. Cultivate a Positive Body Image

The book advocates for self-acceptance:

- Celebrate your body's strengths.
- Avoid comparison with others.
- Focus on what your body can do rather than how it looks.

A positive body image boosts confidence and motivation.

4. Develop Sustainable Habits

Long-term change is the goal:

- Set achievable, incremental goals.
- Track progress without obsessing over every calorie.

- Adjust routines as needed, remaining adaptable.

Sustainable habits lead to lasting health improvements.

Practical Strategies to Implement "It's Not a Diet" Principles

Creating a Balanced Meal Plan

Instead of restrictive meal plans, consider:

1. Including a variety of food groups—proteins, healthy fats, complex carbohydrates, fruits, and vegetables.
2. Listening to hunger cues to determine portion sizes.
3. Allowing flexibility for favorite foods without guilt.

Incorporating Mindfulness into Daily Routine

Practice mindfulness by:

- Setting aside dedicated time for meals without distractions.
- Practicing deep breathing or meditation before meals.
- Reflecting on how different foods affect your mood and energy.

Building a Supportive Environment

Surround yourself with positivity:

1. Join groups or communities aligned with mindful and balanced living.
2. Communicate your goals with friends or family for support.
3. Limit exposure to diet-focused media or social media accounts promoting unrealistic standards.

Fostering Self-Compassion and Patience

Remember that change takes time:

- Acknowledge setbacks without judgment.
- Celebrate small victories.
- Practice affirmations and positive self-talk.

The Impact of "It's Not a Diet" on Readers

Transforming Perspectives on Food and Body Image

Many readers report a newfound freedom regarding food choices and a more accepting view of their bodies. The book helps dismantle harmful beliefs rooted in diet culture.

Enhancing Long-Term Well-being

By adopting the principles, individuals often experience:

- Improved mental health.
- Increased energy levels.
- Better sleep quality.
- Reduced stress related to eating and body image.

Building a Sustainable Lifestyle

Unlike quick-fix diets, "It's Not a Diet" promotes habits that can be maintained for life, leading to lasting health benefits.

Why "It's Not a Diet" Became a Bestseller

Resonance with Modern Audiences

In an era saturated with contradictory health advice, the book offers clarity and compassion, resonating with a broad audience seeking genuine well-being rather than perfection.

Evidence-Based and Expert-Endorsed

Authored by experts in nutrition, psychology, and wellness, the book combines scientific insights with practical tips, boosting its credibility.

Positive and Inclusive Messaging

Its focus on body positivity and mental health appeals to diverse readers, fostering inclusivity and empowerment.

Conclusion: Embracing a Holistic and Sustainable Approach to Health

"It's Not a Diet" stands out as a beacon of hope for those tired of the cycle of yo-yo dieting and restrictive eating. Its emphasis on self-awareness, balance, and long-term well-being offers a sustainable alternative to traditional dieting. By shifting the focus from weight loss to holistic health, the book empowers individuals to cultivate a positive relationship with food, their bodies, and themselves. If you're seeking a way to improve your health without deprivation or guilt, embracing the principles of "It's Not a Diet" could be transformative. Remember, lasting change begins with compassion, patience, and a commitment to nurturing your body and mind—because health is a journey, not a destination.

Frequently Asked Questions

What is the main premise of 'It's Not a Diet: The Number One Sunday Times Bestseller'?

The book emphasizes a sustainable and holistic approach to health and well-being, focusing on habits and mindset rather than restrictive dieting.

Who is the author of 'It's Not a Diet' and what inspired them to write this book?

The author, whose background is in health and wellness, was inspired to challenge traditional dieting culture and promote a more balanced, long-term approach to health.

How does 'It's Not a Diet' differ from typical diet books on the market?

Unlike traditional diet books that promote quick fixes, it advocates for understanding your body's needs, developing healthy habits, and embracing a sustainable lifestyle.

What are some key strategies outlined in the book for achieving lasting health improvements?

The book emphasizes mindful eating, regular physical activity, self-compassion, and creating supportive routines that fit individual lifestyles.

Why has 'It's Not a Diet' become a bestseller on the Sunday Times?

Its relatable approach, focus on mental health, and practical advice resonate with readers seeking sustainable health solutions, boosting its popularity.

Can 'It's Not a Diet' help people with specific health conditions or weight loss goals?

Yes, the book provides a flexible framework that can be adapted to individual health needs and goals, promoting overall well-being rather than just weight loss.

What kind of reader would benefit most from 'It's Not a Diet'?

Anyone frustrated with fad diets, looking to develop healthier habits, or seeking a more compassionate approach to their health journey would find this book valuable.

Are there any scientific or expert endorsements featured in 'It's Not a Diet'?

Yes, the book incorporates insights from nutritionists, psychologists, and health experts to support its holistic and evidence-based approach.

What practical tools or exercises does 'It's Not a Diet' include to help readers implement its principles?

The book offers self-assessment quizzes, habit trackers, mindfulness exercises, and actionable steps to help readers integrate its concepts into daily life.

Additional Resources

[It's Not a Diet: The Number One Sunday Times Bestseller — An In-Depth Analysis](#)

In the crowded world of self-help, health, and wellness literature, few titles manage to carve out a lasting impact or generate widespread conversation. Yet, the book titled "It's Not a Diet" has achieved just that — rising swiftly to become the number one Sunday Times bestseller and igniting debate among readers, critics, and health professionals alike. This investigative review seeks to explore the origins, core philosophies, cultural

significance, and implications of this influential volume. By dissecting its content and reception, we aim to understand why it resonates so profoundly in contemporary society and what it signifies about our collective approach to health and lifestyle change.

Origins and Context: How "It's Not a Diet" Entered the Bestseller Arena

Author Background and Motivations

The author of "It's Not a Diet" remains an intriguing figure, blending expertise in psychology, nutrition, and behavioral science. With a background rooted in clinical practice and research, they have long been an advocate for sustainable lifestyle changes over quick fixes. Their personal journeys with body image, disordered eating, and wellness have heavily influenced the book's tone and approach.

The motivation behind the book appears to stem from a desire to challenge prevalent dieting culture, which often promotes restrictive regimes, fleeting results, and psychological strain. Instead, the author aims to reframe the conversation towards understanding the deeper psychological and emotional factors that influence eating habits.

Market Conditions and Timing

The publication of "It's Not a Diet" coincided with a pivotal moment in societal attitudes toward health. As social media amplified body positivity, mental health awareness, and skepticism toward restrictive dieting, readers increasingly sought authentic and sustainable guidance. The rise of influencers and thought leaders advocating for balanced living created fertile ground for a book that promised a paradigm shift.

Furthermore, the COVID-19 pandemic had a profound effect on public health behaviors, with many individuals reevaluating their relationship with food and wellness routines. The timing undoubtedly contributed to the book's rapid ascent to the top of the bestseller list.

Core Philosophies and Principles of "It's Not a Diet"

Redefining What a Diet Is

At the heart of "It's Not a Diet" lies a fundamental redefinition: the author asserts that traditional diets are inherently restrictive, often unsustainable, and psychologically damaging. They emphasize that a true lifestyle change should not be viewed as a temporary "fix" but as a long-term, adaptable way of living.

Key points include:

- Moving away from calorie counting and rigid rules
- Rejecting the notion of 'good' vs. 'bad' foods
- Emphasizing moderation and enjoyment

Psychological and Emotional Foundations

The author underscores the importance of understanding one's psychological relationship with food. They introduce concepts such as:

- Mindful eating: paying full attention to the experience of eating
- Emotional awareness: recognizing emotional triggers that lead to overeating
- Self-compassion: fostering a kinder internal dialogue to combat guilt and shame

This approach aims to foster a healthier, more sustainable relationship with food, rather than punishing oneself through restrictive measures.

Behavioral Change Over Short-Term Fixes

The book advocates for gradual, manageable changes that build upon each other, emphasizing that:

- Sustainable habits develop over time
- Small victories are more impactful than drastic overhauls
- Flexibility and adaptability are key to long-term success

The author offers practical strategies, such as meal planning, setting realistic goals, and creating supportive environments.

Critical Reception and Societal Impact

Positive Reception and Endorsements

The book has garnered widespread praise from health professionals, mental health advocates, and everyday readers. Common themes in positive reviews include:

- Its compassionate tone
- Evidence-based advice
- Practical, easy-to-implement strategies
- Its challenge to harmful dieting narratives

Notably, several dietitians and psychologists have endorsed the book, citing its potential to catalyze healthier, more sustainable behaviors.

Controversies and Criticisms

Despite its popularity, "It's Not a Diet" has not escaped critique. Some critics argue that:

- The book oversimplifies complex issues related to obesity and eating disorders
- It may not sufficiently address socioeconomic barriers to healthy living
- Its emphasis on individual responsibility neglects structural factors

Others have expressed concern that the language might inadvertently dismiss the validity of certain dietary needs or medical conditions requiring specific interventions.

Impact on Cultural Discourse

The book's success underscores a shifting cultural narrative. It challenges the pervasive diet culture that equates thinness with health and happiness, contributing to:

- Greater acceptance of diverse body types
- Increased focus on mental health in wellness
- A move toward holistic, balanced approaches to living

By hitting the number one spot on the Sunday Times bestseller list, it has also demonstrated a market appetite for narratives rooted in compassion and realism.

Key Takeaways and Practical Applications

For readers and practitioners alike, "It's Not a Diet" offers several valuable lessons:

- Focus on Mindset: Cultivating self-awareness and compassion is foundational.
- Embrace Flexibility: Rigid rules often lead to burnout; adaptable habits foster sustainability.
- Prioritize Enjoyment: Food should be pleasurable, not a source of guilt.
- Small Steps Matter: Incremental changes lead to lasting transformation.
- Holistic Approach: Nutrition, mental health, physical activity, and social connections are interconnected.

These principles have been integrated into many contemporary wellness programs, emphasizing that lasting change is a journey rather than a destination.

Conclusion: Significance and Future Directions

The meteoric rise of "It's Not a Diet" to the top of bestseller lists signals a collective desire to move beyond superficial quick fixes and embrace more authentic, sustainable approaches to health. It reflects a broader societal shift towards holistic well-being, mental health awareness, and body positivity.

Looking ahead, the book's influence may serve as a catalyst for further innovations in health communication, encouraging publishers, health professionals, and influencers to prioritize empathy, science-based guidance, and cultural sensitivity.

While critics will undoubtedly continue to scrutinize its messaging and applicability across diverse populations, the core message — that health is a personal, nuanced, and lifelong journey — remains a vital contribution to the ongoing conversation about wellness in the 21st century.

In summary, "It's Not a Diet" exemplifies how a well-crafted, compassionate narrative can resonate deeply, challenge harmful norms, and inspire meaningful change. Its success underscores the importance of rethinking our approaches to health, emphasizing that true transformation begins within, not with restrictive rules or fleeting fads.

[It S Not A Diet The Number One Sunday Times Bestseller](#)

it s not a diet the number one sunday times bestseller: It's Not A Diet Davinia Taylor, 2021-05-27 'A personal, fun and positive book encouraging dietary diversity and NOT calorie counting' Professor Tim Spector, author of The Diet Myth and Spoon-Fed 'Empowering' Hello! magazine Why stress causes weight gain How fasting makes you less hungry Why sunflower oil is unhealthy How cold showers can cut your carb cravings 'If I could give you one bit of advice right now, it would be to take all the energy you're putting into fad diets and put it into becoming the most genuinely healthy version of you. If you've got a plan, you're already halfway there. And now you've got this book, you've got one.' Davinia Taylor was overweight, depressed and unmotivated. She couldn't walk around the block, let alone go for a run or do an exercise class, and she struggled to keep up with her four young sons. In desperation she turned to biohacking to sort her head out - the unexpected bonus was that she lost nearly three stone and has kept it off for years through a series of health tricks from cold showers, to MCT oil, to ancestral eating. She spent tens of thousands of pounds on specialists and Harley Street doctors, trying the most cutting-edge therapies available, only to discover that the true secrets of feeling amazing are very easy and affordable. Start with eating for your mental health, and weight loss is an effortless side effect. Divided into four sections: Mood, Food, Movement and Rest, the book takes a holistic approach to weight loss, reminding you that true health is not just about what you eat. It's Not a Diet concludes with a two-week reset programme to put Davinia's advice into action easily and achievably. Non-Fiction Paperback No.1 bestseller, The Sunday Times, 6th June 2021

it s not a diet the number one sunday times bestseller: It's Not a Summer Diet Davinia Taylor, 2024-07-15 Build healthy habits this summer to feel amazing all year round with this short

and simple ebook 'If you're looking to make changes for the better then this is the book to read...I was optimistic when purchasing; however, after the first page, I was hooked' 5* reader review for It's Not a Diet 'READ IT!!! Love this woman, she gives you the facts in a straight forward no-nonsense way. I've learned so much from reading her books' 5* reader review for Hack Your Hormones Biohacker, entrepreneur and bestselling author Davinia Taylor, knows how it feels to survive the summer on a yo-yo diet of rosé, crisps and other frenemy, ultra-processed foods, then find herself sluggish, down and defeated by the autumn. In this short and snappy guide, she shows you exactly how she avoids that cycle, crushes those junk food cravings and makes the most of all the benefits summer has to offer. After all, if you can establish healthy habits when the sun is shining and vibes are high, it will make it so much easier to keep feeling your best in the colder months. Packed full of advice, recipes and a two week health reset, It's Not a Summer Diet will arm you with everything you need to set amazing habits, keeping you happy and healthy all year round.

it's not a diet the number one sunday times bestseller: Hack Your Hormones Davinia Taylor, 2023-05-25 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER 'A wonderful book' Dr Chris van Tulleken, Sunday Times bestselling author of Ultra-Processed People Sleep better thanks to cherries Fix your brain fog with good fats Improve your metabolism with brazil nuts When we talk about hormones, we so often think of them as a 'women's issue'. But our hormones regulate everything from our sleep, to the way we eat, our stress response and our moods. In Hack Your Hormones Davinia Taylor, entrepreneur and biohacking pioneer, breaks down how best to optimise all of our hormones. Davinia gives symptom-led advice, backed up with the expertise of a doctor, on how lifestyle hacks and supplements can balance our cortisol, adrenaline, dopamine and more, even Vitamin D (yep, it's a hormone). And the answers might be as close as your kitchen cupboards. This groundbreaking new book is full of simple, accessible hacks that will make you feel not just better, but amazing. 'Let's get our hormones into the optimum place they can be. Because if I can feel better, then anyone can. This is proper, real empowerment, not tampon ad empowerment! This is your body, nobody can look after it like you can.' Davinia Non-Fiction Paperback bestseller, The Sunday Times, nine consecutive weeks from 4th June 2023

it's not a diet the number one sunday times bestseller: A Better Second Half Liz Earle, 2024-04-25 'I am loving this! You can tell the years of research from Liz, the wellbeing guru, that have gone into this book.' - Trinny Woodall 'This book is a godsend! Full of warm, wise advice that really works.' - Lorraine Kelly 'Liz's passion for wellbeing and her natural ability to make learnings into relatable, practical tips makes this book an enjoyable and informative read. A positive and empowering take on ageing.' - Tim Spector 'Such a treasure trove of life friendly tips' - Melissa Hemsley 'Liz is a real inspiration - we can all learn so much from her personal journey to optimise our health as we age' - Dr Louise Newson Live Better: Feel Better: Age Better. In the revised and updated edition of the bestselling book A Better Second Half, Liz Earle shows us how to future-proof our health in midlife and beyond using evidence-based techniques, ideas and wisdom accumulated over her years of experience in the wellbeing arena. We all know that midlife women are often hit the hardest of all health-wise, sandwiched between bringing up our families, juggling work and caring for ailing parents, and it is all too easy to lose sight of ourselves. But whatever stage or age you are there is hope and many ways to take back control of your health - physical, mental and emotional - and make yourself a priority rather than bottom of the to-do list. Liz Earle sorts the fads from the fiction in wellbeing and breaks through the noise that surrounds all the online advice that can overwhelm us. She has taken this mission to heart with her empowering new book A BETTER SECOND HALF. Part a retrospective of her life and part a brilliant, distillation of self-help, Liz puts forward what we need to do to live well and age well through midlife and beyond. Never shy of making her body a testing lab for new discoveries, Liz shares important information on the gut-brain axis, nutri-genomics, the efficacy of high intensity weight training, the pros and cons of low carb diets, the new science of peptides, testosterone supplementation and much, much more. Liz Earle is one of the most-trusted voices in wellbeing today and here she shares her hard-won wisdom, practical advice and know-how that can turn the tide on those feelings of dejection and can have us

heading into our second halves full of vigour and hope to live longer and better.

it s not a diet the number one sunday times bestseller: Those Who Are Loved Victoria Hislop, 2019-05-30 *THE FIGURINE, the brand-new novel from Victoria Hislop, is available to order now.* 'She brings Greek history to compelling life' The Sunday Times 'Hislop has done her research and handles the great sweep of complex Greek history with skill and confidence' Daily Mail Athens, 1941. Nazi forces occupy Greece ... and a nation falls apart. Victoria Hislop's NEW Sunday Times Number One bestseller takes you into the darker days of Greek history and, through the eyes of its extraordinary heroine, illuminates the courage it takes to live in peace. After decades of political uncertainty, Greece is polarised between Right- and Left-wing views when the Germans invade. Fifteen-year-old Themis comes from a family divided by these political differences. The Nazi occupation deepens the fault-lines between those she loves just as it reduces Greece to destitution. She watches friends die in the ensuing famine and is moved to commit acts of resistance. In the civil war that follows the end of the occupation, Themis joins the Communist army, where she experiences the extremes of love and hatred and the paradoxes presented by a war in which Greek fights Greek. Eventually imprisoned on the infamous islands of exile, Makronisos and then Trikeri, Themis encounters another prisoner whose life will entwine with her own in ways neither can foresee. And finds she must weigh her principles against her desire to escape and live. As she looks back on her life, Themis realises how tightly the personal and political can become entangled. While some wounds heal, others deepen. This gripping new novel from bestselling author Victoria Hislop sheds light on the complexity and trauma of Greece's past and weaves it into the epic tale of an ordinary woman compelled to live an extraordinary life. Victoria Hislop. Discover for yourself why 10 million readers worldwide love her books... Here's what the critics said about Those Who Are Loved: 'A searing and powerful story full of passion, showing how one woman's ideals and beliefs shape everything that she becomes. It's both a beautifully woven love story and a spellbinding, heart-breaking depiction of a country torn apart by hatred' Daily Express 'A glorious Greek setting and rich historical detail form the backdrop of this captivating and poignant story' Woman & Home 'An eye-opening and moving read' Mirror 'Anyone who reads Victoria Hislop's novels falls in love with Greece ... A moving read that sweeps you through time' S Magazine 'A wonderfully researched and beautifully written piece of historical fiction' CultureFly Those Who Are Loved was a Sunday Times Number One bestseller in paperback for four weeks in August and September 2020.

it s not a diet the number one sunday times bestseller: Real Healthy Melissa Hemsley, 2024-07-11 'A delicious guide to eating the healthy way.' - Tim Spector 'Real, good food.' - Yotam Ottolenghi 'This book will become your go-to, making eating well a joy, not a chore.' - Dr Rupy Aujla Delicious, wholesome, life-friendly recipes to help you eat well, every day. With a foreword by nutritionist Rhiannon Lambert, Real Healthy is a practical cookbook for time-poor people who want to cut back on ultra-processed foods, with healthy, veg-packed food that's quick, convenient and tasty. Research has shown that ultra-processed foods have been linked to high-blood pressure, heart disease and other serious illnesses, yet the average person in the UK gets a whopping 56% of their calories from UPFs. Here, Melissa Hemsley provides simple, doable and delicious recipes to help you tackle those tricky problem areas - on-the-go breakfasts, working lunches, snacks and sweet treats - as well as chapters on batch cooking, traybakes and 30 minute meals. She's also includes tips on what to look out for when trying to avoid UPFs, making this your new go-to book for everyday cooking. With recipes such as One-Pot Lazy Lasagne, Cherry Bakewell Granola and Take-To-Work White Bean Chilli, as well as ideas to help you stay on top of the week's shopping and cooking, Real Healthy provides easy and nourishing alternatives to help you reduce the amount of UPFs that end up on your plate. 'Melissa untangles the complicated world of ultra-processed foods and puts us back into the calm and comforting space of simple, sublime and tasty cooking.' - Tom Kerridge

it s not a diet the number one sunday times bestseller: Complete Hip And Thigh Diet Rosemary Conley, 2012-05-01 As thousands of successful slimmers have testified, the Complete Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And

what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat-charts, and a new programme of exercises for the hips and thighs, dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy! The perfect diet book for people who want to lose weight without the bore of calorie counting.

it s not a diet the number one sunday times bestseller: The 30g Plan Emma Bardwell, 2025-05-01 THE SUNDAY TIMES BESTSELLER The simple and sustainable route to weight loss. For many of us, losing weight can be a real battle - yo yo-ing from one extreme diet to another and never finding an approach that we can (and want to) apply long-term. Until now. The 30g Plan reveals that by balancing 30 plants a week with 30 grams of protein and fibre in our daily meals, we will not only lose weight easily but feel full and reap countless other health benefits too. Packed with delicious nutritionally complete recipes, meal planners, tips and tricks, let this book be your guide and introduction to a whole new way of eating to help you feel at your very best - for life. No. 7 Sunday Times bestseller, May 2025.

it s not a diet the number one sunday times bestseller: The 21-Day Immunity Plan Aseem Malhotra, 2020-08-27 ****THE SUNDAY TIMES BESTSELLER**** 'Brilliant! It's hard to change your life - but this book gives you all the reasons it's possible. From the first page to the last, one revelation after another.' JEREMY VINE 'Brilliant . . . especially required reading in these COVID-19 days' LIZ EARLE 'Metabolism, inflammation, and immunity are three sides of the same coin. Fix one and you fix them all. Dr Aseem Malhotra offers you a way to fix all three at once, and the solution is as easy as your fork.' PROFESSOR ROBERT LUSTIG, bestselling author of Fat Chance 'This remarkable book will change your life. Beautifully written, it compiles in one place the health messages we all know make sense. PROFESSOR KAROL SIKORA, leading cancer specialist and Founding Dean, University of Buckingham Medical School 'Read this book and follow the plan, it may save your life.' GURINDER CHADHA, OBE, director of Bend It Like Beckham 'A crystal-clear roadmap to reverse the roots causes of our poor metabolic and immune health. It is the handbook of health for our time.' MARK HYMAN, New York Times bestselling author of Food Fix ********* The simple, evidence-based diet plan to rapidly improve your metabolic health, help with normal immune function and likely reduce the risk of severe effects from Covid-19. Dr Aseem Malhotra is a leading NHS-trained cardiologist and a pioneer of lifestyle medicine. He has been at the forefront of citing the health conditions which make us vulnerable to the worst effects of Covid-19. Obesity, Type 2 diabetes and heart disease are high among them - and all indicators of poor metabolic health. The good news is that in just 21 days we can prevent, improve and even potentially reverse many of the underlying risk factors that exacerbate how infections, including Covid-19, affect us and improve our ability to recover from them. Giving us the evidence-based science behind the plan, Dr Malhotra shares how simple changes to our diet as well as daily exercise and stress relief can have remarkable results in improving our markers for metabolic health, even helping to put Type 2 diabetes into remission, reduce risk factors for heart disease, decrease weight and enhance vitality. Arguing for the huge benefits to global health of these highly effective lifestyle changes, he shows how just 21 days can help us to start the journey to lead a healthier and longer life.

it s not a diet the number one sunday times bestseller: The Sunrise Victoria Hislop, 2014-09-25 'This is a story of courage, brutality and fear, of loyalty and betrayal, of love and hatred, of despair and unquenchable hope. As always, Victoria Hislop brings vividly to life a horrendous episode in the history of the beautiful island of Cyprus. Excellent, in every way' Real Reader Review, □ □ □ □ □ In the golden city of Famagusta, Greek and Turkish Cypriots alike enjoy a life of good fortune. Invasion comes without warning, bringing chaos and terror. As forty thousand people flee their homes in panic, Famagusta becomes a ghost town. But not everyone will find it so easy to leave . . . Discover for yourself why 10 million readers and critics worldwide love Victoria Hislop's books . . . 'Intelligent and immersive . . . Hislop's incisive narrative weaves a vast array of fact through a

poignant, compelling family saga' The Sunday Times 'Adroitly plotted and deftly characterised, Hislop's gripping novel tells the stories of ordinary Greek and Turkish families trying to preserve their humanity in a maelstrom of deception, betrayal and ethnic hatred' Mail on Sunday 'Fascinating and moving . . . Hislop writes unforgettably about Cyprus and its people' The Times 'An imaginative tour de force, and a great read' Daily Mail 'Victoria Hislop writes so vividly about the Med, you can almost feel the scorching heat. An absorbing tale about family, friendship, loyalty and betrayal, set during a violent period in the history of Cyprus' Good Housekeeping 'Victoria Hislop has never let me down. Characters, storyline and location are all woven together into an intricate tapestry that educates as much as it entertains' Real Reader Review, □ □ □ □ 'As usual, Victoria casts a spell over her readers, telling a wonderful story that is spellbinding and awful . . . Fascinating' Real Reader Review, □ □ □ □ 'Excellent . . . I highly recommend The Sunrise and defy anyone reading it to remain unmoved and dry eyed' Real Reader Review, □ □ □ □ 'A wonderfully evocative tale of life before, during and after the Spanish Civil War . . . Fantastic' Real Reader Review, □ □ □ □ 'Victoria Hislop's well researched book with its convincing characters from both Greek and Turkish communities brings the history of this wonderful island to life and gives a remarkable picture of traumatic events . . . a superb read' Real Reader Review, □ □ □ □

it s not a diet the number one sunday times bestseller: *The Great Physician's Rx for Women's Health* Jordan Rubin, Nicki Rubin, 2006 The Great Physician's Rx for Women's Health will empower you to achieve maximum energy, attain your ideal weight, enhance your immune system, improve your digestion, reduce your risk for diseases such as breast cancer and osteoporosis, and best of all, make this the healthiest year of your life.

it s not a diet the number one sunday times bestseller: *Wild Hope* Donna Ashworth, 2023-09-26 THE NO 1 SUNDAY TIMES BESTSELLER 'Beautiful and uplifting' Davina McCall 'So inspiring, so heartfelt ... the way Donna writes is beyond beautiful.' Lisa Snowdon 'Some people have the Bible by their bed. Others a self help manual. I have Donna Ashworth's new poetry collection.' Susannah Constantine *Wild Hope: Healing Words to Find Light on Dark Days* is Donna Ashworth's powerful new collection of wisdom to help us find hope, peace, self-acceptance and inspiration on the days we feel worn down, helpless or sad. Written with love and understanding, Donna - who is also the bestselling author of *I Wish I Knew* - reminds us that amidst our daily struggles and constant outpourings of bad news we have so much to hope for, and that every one of us can play a part, big or small, in making the world a better place. With poems such as 'Surrounded by Treasure', 'That Thing You Do', 'Through the Wringer' and 'Rope Ladder', Donna helps us to remember that most people in this world are good, and that acts of kindness and love within our individual spheres of influence, however small, all contribute to a better future. She also gently guides us, no matter how busy or overburdened we may be, to practice better self-care and self-acceptance. Hope exists when nothing else can. On the darkest of days *Wild Hope* will help you find more light. *Wild Hope* was a no 1 Sunday Times bestseller from 21st January 2024-28th January 2024.

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to be fit, flexible and eat well in a sedentary world; sexual health; gut health and more... Get the facts, pick your goals and take action with Dr Alex. Small changes. Big results.

it s not a diet the number one sunday times bestseller: A Mother's Trust Dilly Court, 2011-11-03 A Classic Family Saga from Sunday Times Bestseller Dilly Court Phoebe Giamatti lives with her Italian family in the heart of London's East End. With her father killed by a notorious gang years earlier, Phoebe is now responsible for keeping her loved ones out of trouble. But just as the Giamatti family are about to go to Italy for the winter, Phoebe discovers a secret about her mother that could tear them all apart. Determined not to betray her mother's trust, Phoebe faces an impossible decision. Can she confront a dangerous past in order to protect her family's future?

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can't believe just how much has happened in the last couple of life-changing years. It's been a total whirlwind of a journey, and I'm so grateful to all my followers for their amazing love and support along the way. From my very first toy kitchen which was my pride and joy right through to the my very first Instagram posts stories of my cleaning routine, I'm going to take you back to the start of how it all began. But there is so much more to my story than just cleaning tips; there have been the highest of highs, but also heart-breaking devastating lows. So let's do this! Put your Hinch Lists to one side, get comfy and join me on the sofa with a cuppa. Welcome to my world. This is me: Soph - the wife, the mother and the person behind Mrs Hinch. _____ 'The sensation' Sun 'We're mad about Mrs Hinch' Vogue 'My new cleaning goddess' Daily Telegraph 'Doing for household chores what Marie Kondo did for tidying' Daily Mirror 'Mrs Hinch offers a reassuring structure for the day, a vision of domestic order' Guardian

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it s not a diet the number one sunday times bestseller: How to Eat 30 Plants a Week Hugh Fearnley-Whittingstall, 2024-05-09 'I love the way Hugh inspires us to eat more of the good stuff, and he's done it again brilliantly here.' JAMIE OLIVER 'Hugh's delicious recipes are very good medicine for a longer, healthier life.' CHRIS VAN TULLEKEN With an introduction by Tim Spector, bestselling author and founder of ZOE 30 plants may sound a lot, but in Hugh's expert hands it has never been simpler to achieve your health goals and approach everyday cooking with delicious,

nutritious meals full of easy wins to increase your plant intake, whatever your dietary requirements. Pioneering gut-health guru Tim Spector's introduction explains why racking up the plant power by eating a variety of 30 plants a week will give your body more of the nutrients you need to feel great, have renewed energy and reset your microbiome. Much more than just fruit and veg, plants also include nuts, seeds, pulses, grains, herbs, spices, chocolate and even coffee. In chapters such as Six-packed Soup and Stoups, Seven in the Oven, Fish Fivers, Meat and Many Veg Mains and Triple Treat Sides, Hugh shows you how to get many more of these health-boosting ingredients on your plate, no matter how many you're cooking for. Packed with people-pleasing plant-only dishes alongside a few well-chosen meat and fish options, and helpful tips, tricks and easy swaps, with Hugh to show you the way, you'll soon be getting in your 30 plants, and more, week after week. Recipes include: · Shroomami stoup · Sichuan aubergine with tofu and black beans · Caponata with chickpeas and apricots · Tomato and saffron baked rice · Steak, charred lettuce and spring onion salsa · Roast ratatouille mackerel fillets · Very berry ripple fro-yo ... and many more! 'Beautifully diverse, plant-rich recipes' – Poppy Okotcha 'Inspiring' – Sarah Langford 'Delicious, super-simple recipes' – Henry Dimbleby 'Full of great ideas' – Rosie Boycott

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1. 安装edge


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