

The Nutrient Diet: A Cognitive Behavioral Approach to Diet, Impulse Control, Habit Formation, Eating Behaviors & Weight Management

David A. Wright

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The Nutrient Diet is an optimistic, encouraging, and practical guide to natural, drug-free weight loss and management.

David A. Wright's *The Nutrient Diet* suggests reasons for why most diet plans fail; as an alternative, it presents easy-to-implement, science-based strategies for success.

With the understanding that many diet plans are complex, unpleasant, and demand too many primary changes at once, making it difficult for people to adhere to them long enough to develop the habits and routines that are necessary for weight loss and maintenance, this text suggests a different strategy. Its approach is two fold: fifty percent diet and nutrition, and fifty percent cognitive behavioral strategies for eating behaviors, impulse control, dieting, and habit formation. Its simplicity principle is designed to help people avoid frustration and getting overwhelmed. The book coaches prospective dieters in the process of making easy, natural, and gradual lifestyle changes that can be maintained long-term. It also answers three fundamental questions: what foods to eat, how to eat them, and why they should be eaten.

Empowering and encouraging personal responsibility, the text is written in personable, accessible language that makes even its chemistry-based arguments easy to understand. It provides ample details on each topic, beginning with the benefits of balanced consumption of water; moving through instruction in a healthy approach to food, even during holiday celebrations; and closing with general and mental health guidance. Clear, step-by-step instructions are given for implementing the book's suggestions. Possible contraindications are considered, and lists of the known benefits and risks involved are provided. The book also names the roles of the various elements in its diet, including of proteins, carbohydrates, and fats, with suggestions for the best times of day to eat each. Its footnotes give handy, immediate access to its sources.

Incorporating sound psychological principles including hypnosis and hypnotherapy, neurolinguistic programming (NLP), and other modalities, together with guidance on how to build good habits and a personal self-care routine that works for each individual, this is a book that considers the well-being of the whole person, and shows how its techniques and strategies add joy, happiness, and fulfillment to life. However, the spacing of words in some of the reference entries is irregular, and occasional spelling errors and repetitive material are present.

With its reminder that the components of a healthy lifestyle include enjoyment, *The Nutrient Diet* is an optimistic, encouraging, and practical guide to natural, drug-free weight loss and management, and a happy, healthy life.

KRISTINE MORRIS (October 19, 2021)

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