How This Book Is Built

Before we begin, I want you to understand how this book is structured.

We are not going to start with calorie calculations, meal plans, or exercise recommendations. There is some groundwork we need to do first.

This book is divided into six parts, and each one builds on the one before it.

Part I — Cut Through the Noise

First, we are going to clear away some of the misinformation, marketing, financial incentives, and deeply rooted ideas that make health and weight loss seem far more complicated than they need to be.

Before you can make better decisions, you need better information.

Part II — Change Your Mind

Knowing what is true does not guarantee that you will act on it.

We will deal with resistance to change, belief, purpose, stewardship, excuses, motivation, and the way your own thinking can either support change or quietly fight against it.

Part III — Learn the Fundamentals

Once the noise is quieter and your mind is prepared to change, we can learn how the system actually works.

This is where we get into energy balance, protein, food choices, nutrition labels, practical meals, movement, sleep, sustainability, and the fundamentals you need to make informed decisions for yourself.

Part IV — Live in the Real World

Knowing the fundamentals is relatively easy when life cooperates.

Life rarely cooperates.

We will talk about restaurants, dessert, vacations, celebrations, imperfect days, and how to build a healthy life without needing to escape from the life you actually enjoy living.

Part V — Use the Information Advantage

Then we will learn how to use information to determine whether what you are doing is actually working.

Your weight, body composition, activity, food intake, sleep, laboratory results, and other useful measurements can give you feedback instead of forcing you to guess.

Part VI — Where the Rubber Meets the Road

Eventually, reading has to become doing.

By the final section, you will have the information, the mindset, and the tools.

Then it is time to execute.

Each Part has a different job, but they are all building toward the same goal:

To help you understand what you are doing, why you are doing it, and how to build a healthier way of living that you can actually keep.