



The Jerusalem Diet: The "One Day" Approach to Reach Your Ideal Weight--and Stay There

By Ted Haggard

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The Jerusalem Diet is a remarkably simple and flexible plan that will transform your perspective on food, diets, and health. You'll rediscover how to relax and enjoy life, moving steadily toward your ideal weight while still taking pleasure in the foods you love.

SIMPLE: No expensive foods, supplements, or exercise equipment required. All you need is a good digital scale, a calendar, some basic food items available at any grocery store, and a willingness to "lighten up"—physically, spiritually, and emotionally.

GUILT-FREE: This easy-to-follow plan frees you to stop counting calories, agonizing over menu choices, and pursuing extreme exercise programs. Instead, you'll learn how to lose weight while still eating the foods you love and enjoying life to the fullest.

LIFE-CHANGING: *The Jerusalem Diet* reenergizes not only your body but also your outlook on life. As you move toward your ideal weight—one day at a time, one pound at a time—you will feel better, look better, and live better.

Developed by a busy pastor who loves food and admits to a lack of self-control when it comes to eating, *The Jerusalem Diet* is designed to work for anyone who can manage to stay on a diet for just 24 hours. If you want to shed pounds and keep them off—without starvation, deprivation, or frustration—this is the plan you've been waiting for.

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Editorial Review

From Publishers Weekly

Haggard, pastor of the huge New Life Church in Colorado Springs, proposes a diet that was born in, yes, Jerusalem. Haggard was there in 1998 when he realized he'd gained too much weight to comfortably fit in his clothes. He decided that for one day, he would eat only fruits, veggies and nuts. Voila! He felt better and looked better in his clothes. Gradually, one day at a time (and about one pound a week), he returned to his target weight. Now, whenever he gains a pound or two, he restricts his diet for a day and exercises for an hour; within 24 hours, he's usually returned to his target. In fact, he finds that the routine of weighing himself every day serves as a good deterrent to overeating. Haggard's not promoting a quick fix. He encourages readers to slowly change their lives-to eat right, exercise more and get enough sleep. Jerusalem Dieters should also strive to break addictions to cigarettes, caffeine and sugar: "Don't let any substance determine how you live your day." Haggard's wife Gayle wrote Chapter 12, "Women and the Jerusalem Diet," urging women to accept their bodies and be gentle with themselves-get a massage, spend time outside, walk. Though gimmicky, the Jerusalem Diet is sensible enough and helps readers form strategies for weight maintenance as well as weight loss. Still, as Haggard himself notes, he's not a doctor, so this plan should be adopted with some caution, and, ideally, in consultation with a physician or nutritionist.

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About the Author

Ted Haggard, the author of nine books including *Foolish No More!*, is a well-respected leader whose influence has been recognized by the *Los Angeles Times*, *New York Times*, *Washington Post*, ABC, NBC, the BBC, and PBS, among others. He serves as senior pastor of the 11,000-member New Life Church in Colorado Springs, which he founded in 1985. Ted and his wife, Gayle, are the parents of five children.

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A BALANCED DIET (THAT INCLUDES FOODWE LIKE)

This book is for people who love to eat. This book is for people who appreciate diet, exercise, and nutrition books but have a deep-rooted problem with their humanity. This book is for people who want to be healthy but are not willing to give up their lives.

This book is for people who are willing to improve, but it's got to be easy.

It's for people who like to smile. It's for people who are okay with looking the way they look while also aiming to improve their health and appearance. It's for people who eat ice cream in the dark. It's for people who sneak a Venti Mocha Frappuccino and then do penance for three days.

It's for people who live in perpetual guilt—or at least should live in perpetual guilt.

Okay, I've been munching on my room-service lunch as I've been writing, and now I am so full I can hardly sit up. Good thing it's an on-target day for me.

I wasn't kidding about loving Jelly Bellies and french fries. Of course I know if I eat those things in any way proportional to my affection for them, I won't feel very good. And they may kill me. I might even stop enjoying them so much, and I would really hate that.

So I've discovered a balance. I've discovered a way to enjoy life, enjoy food, be reasonable about my health, and at the same time maintain my work schedule and an energetic family and social life.

THE TRUTH ABOUT ME: DIETS WORK, I DON'T

I am not overweight, but I could be. Both my parents were well beyond a healthy weight. My dad died of a heart attack when he was fifty-eight. When my mom died, she had diabetes, arthritis, and numerous other diseases exacerbated by her obesity. If I want to improve my chances of keeping my health and living my full life span, I have to pay attention. But I'm weak. I'm undisciplined. I'm not the perfect man on the cover of *Men's Health*. I don't have time to live at the gym.

But after implementing the Jerusalem Diet, I'm not out of shape. According to my doctor, I'm a picture of health. Given my love of food, my enjoyment of sleep, and my fondness for lazy Saturdays lounging in pajamas all day, I could easily be in trouble. Without the ideas you'll find in this book, I might be obese. I need a diet that is doable, not for some highly motivated guy who cares about the microbiology of digestion, but for me—an average guy wanting to live a good life. I need a plan I don't have to think about all the time. I need a plan I won't quit just because I drive past a Wendy's.

I was on the Atkins diet for a year—every day until noon. Why? Because I have many business lunches and meals with friends. It's too hard for a guy like me to ditch 90 percent of the carbs. I like bread. I also like pasta. I can live without them, but I can't live *well* without them.

I also failed at Atkins because of bedtime snacks. I'm like a ten-year-old—I have to snack before bedtime. Usually it's just a bowl of cereal, but sometimes I like yogurt or a toasted cheese sandwich or a plate of beanie weenies with bread and butter and a cold glass of milk. This really messes up the Atkins plan. Atkins works. I don't.

South Beach works. I don't.

The Maker's Diet works. I don't.

When I hear the health-food crowd talk about tofu burgers and puréed yam soup and whole wheat udon, it makes my taste buds hide. I start thinking that an early death really might not be that bad after all. My taste buds scream, "We want *pleasure*!" And my intestines cry out, "We want to be clean but not *that* clean!" I know all about making and breaking resolutions. I have an advanced education concerning commitment and failure. I'm a pastor. I teach people that the ancient scriptures tell them to be kind to one another, and they nod in agreement. Then, within a month, two of those who nodded are in my office talking about suing one another. I tell people that life will go better for them if they'll get up every morning and pray, and they are all for it. Some of them will actually do it, some never will, and most will try and stop and try and stop and try and stop. People are people. We are the problem.

It's the same with diet and health. We are the problem. Throw a rock and you'll hit a diet book that would really help you. Spend ten minutes on Google, and you'll have a wealth of nutrition information to help shape your eating habits. You can get the facts, but you might not be able to apply them. Those red Jelly Bellies taste too good. (Who makes Jelly Bellies, anyway? They should win a Nobel Prize for making a product that good!) Or, if Jelly Bellies don't do it for you, name your weakness. Ice cream? Soda? French fries? Caramel corn? Chocolate?

Yeah, thanks to loads of diet-and-nutrition guides, we know how to solve the problem of our eating habits. But we probably won't. Most of the solutions are too dramatic. Surgery might help, but it hurts. Ow! And for me, most diets ask too much. They change our lifestyles 100 percent too quickly, and we don't have the time, patience, or willpower for 100 percent change. So we lose weight and gain weight; we exercise every day and then don't hit the gym for a month; we eat proteins and veggies and then buy stock in Häagen-Dazs. Does any of this sound familiar to you? I have a solution.

Users Review

From reader reviews:

Donald Farrell:

Reading a reserve can be one of a lot of activity that everyone in the world loves. Do you like reading book so. There are a lot of reasons why people like it. First reading a reserve will give you a lot of new info. When

you read a e-book you will get new information simply because book is one of a number of ways to share the information or their idea. Second, looking at a book will make you more imaginative. When you looking at a book especially hype book the author will bring that you imagine the story how the characters do it anything. Third, you can share your knowledge to other folks. When you read this The Jerusalem Diet: The "One Day" Approach to Reach Your Ideal Weight--and Stay There, you could tells your family, friends along with soon about yours publication. Your knowledge can inspire others, make them reading a publication.

Fern Rodriquez:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled The Jerusalem Diet: The "One Day" Approach to Reach Your Ideal Weight--and Stay There can be excellent book to read. May be it is usually best activity to you.

Andrew Blanton:

The book untitled The Jerusalem Diet: The "One Day" Approach to Reach Your Ideal Weight--and Stay There contain a lot of information on that. The writer explains your girlfriend idea with easy approach. The language is very clear to see all the people, so do not really worry, you can easy to read the item. The book was compiled by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site and order it. Have a nice learn.

Evelyn Rogers:

Is it an individual who having spare time and then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This The Jerusalem Diet: The "One Day" Approach to Reach Your Ideal Weight--and Stay There can be the reply, oh how comes? The new book you know. You are so out of date, spending your time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

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