

[BOOKS TO LOSE WEIGHT](#)



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If you want to lose weight and keep the weight off for good, you might want to consider a diet book. Of course, there are trendy apps, commercial weight loss programs, and online celebrity diets, but those can be expensive and hard to follow.

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"I'm an active 61-year-old without major weight or health issues. But once I left my 40s I noticed the number on the scale going up. For years I would return to The Fat Flush, which I could count on for weight loss, but it was a pretty miserable experience being on it, and the weight would slowly return.

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Top 5 Books for Weight Loss Motivation. Half-Assed: A Weight-Loss Memoir Jennette Fulda; Many weight-loss books are filled with scientific and psychological facts about health and nutrition. Jennette Fulda's book takes a more personal approach. This is a work of nonfiction that reads like fiction. It's even a satisfying beach read.

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