

(Free pdf) Breakfast is Bullsh\*t: How You Will Lose Weight and Become Healthier by Skipping the Most Important Meal of the Day

## **Breakfast is Bullsh\*t: How You Will Lose Weight and Become Healthier by Skipping the Most Important Meal of the Day**

*K.D. Joseph*

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# Breakfast is Bullsh\*t

How You Will  
Lose Weight  
and Become  
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**K.D. Joseph**

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**K.D. Joseph : Breakfast is Bullsh\*t: How You Will Lose Weight and Become Healthier by Skipping the Most Important Meal of the Day** before purchasing it in order to gage whether or not it would be worth my time, and all praised Breakfast is Bullsh\*t: How You Will Lose Weight and Become Healthier by Skipping the Most Important

## Meal of the Day:

0 of 0 people found the following review helpful. Very short  
By Gypsy  
Read it all in about 5 minutes - got the gist of it in one. Actually got the gist of it online so it's kind of silly to buy it. Good advice though I guess.  
6 of 8 people found the following review helpful. works!  
By Robin Landry  
Having followed this advice, I've found that #1 I didn't die of hunger, in fact it was easy to eat lunch at 11 and I wasn't really any hungrier because I hadn't eaten since 7PM the night before. It's also a great way to lose weight, and to lose fat around the mid-section. I can't say I always skip breakfast, it really depends on if I will be able to eat lunch at a reasonable hour, or if I go on a long run. I really find eating less dinner is the easiest way of all to lose weight, but much harder to do.  
The book tells you why fasting is good for you. I learned that when we eat often, our body feels like it doesn't have to get into the fat stores because it assumed that it will always have lots of food coming in. Considering that the government recommends lots of carbs and eating every few hours, doing the opposite always works for me.  
Good information that's easy to understand and relate to and it really can make a difference in your life. Sometimes its just easier to not have to worry about breakfast, and knowing that it's good for you is a plus.  
6 of 8 people found the following review helpful. Excellent Quick Start Resource  
By Cminnetta  
I have read several books with more detailed explanations debunking the old myth that "breakfast is the most important meal of the day" and have practiced this form of intermittent fasting for over a year with surprising ease and great results on my weight, however, this 22-page paper is a great straight-forward and to the point explanation for the person not interested in knowing all the science behind fasting, ketogenic dieting, etc. I initially bought a copy for my sister to convince her to give thiw way of eating a try and deciding I needed to read it myself too to see exactly what she was getting. i can;t say I learned anything I didn't already know from my other books but it was perfect for my sister, who I did not want to overwhelm with all the science contained in book like Jimmy Moore's Keto Clarity (which is excellent and highly recommeded for anyone who does want more guidance in how to make skipping breakfast part of a ketogenic lifestyle). She was convinced and has been skipping breakfast for 2 weeks now!

Can you dramatically improve your health just by skipping the "most important" meal of the day? You are about to find out that one of the easiest ways to become healthier is to simply stop eating breakfast. Just by not eating in the morning you will totally revolutionize your relationship with food and all of your habitual eating patterns. The popular opinion of breakfast being the most important meal of the day is a myth, and this book will provide you with better and more sustainable health solutions than conventional nutritional advice can offer.

From the Author  
People get worried that they'll be detrimentally hungry if they start skipping breakfast, as if the lack of food in the morning will destroy their lives. After a few days of actually skipping breakfast, you'll realize how ridiculous a fear this is.  
The truth is that in our modern culture, the vast majority of people overeat. Hunger is a mental thing, not a physical thing. Our human body is pretty incredible. Even as amazing as modern medicine is, our body is still usually its own best healer. But our body works best when we generally leave it alone and don't constantly overfeed it.  
Hunger is mental in our culture.  
It's worth remembering that. Be gentle and loving of your body, and try not to overeat. Then watch your health naturally improve without effort, simply by not interfering with your body's incredible, inherent healing powers. Assume health, and become healthy. If you follow these simple steps, and begin to feel yourself as already being healthy, then health will follow.  
Not eating until you are truly hungry is a rather intuitive thing, when we're not unnecessarily neurotic about eating and food (all of us, unfortunately, can think of times when we have been neurotic about what we eat).  
Skipping breakfast allows you the pleasure of not overeating, not  
overanalyzing  
what you eat, and a better enjoyment of whatever you do decide to eat.  
Take advantage of this wonderfully simple eating model, there's little reason not to. The most important thing is not when you eat, but not overeating simply for the sake of it. Take breakfast, excess food consumption, and constantly worrying about your body out of the equation. You deserve better than that, and you'll be amazed how much better you feel when you begin doing it.  
Start enjoying eating in a more meaningful way. If you can give this gift to yourself, your body will gratefully thank you, and you'll be rewarded with better health, naturally.