

MAKE THE CONNECTION

TEN STEPS TO A BETTER BODY—
AND A BETTER LIFE



BOB GREENE AND
OPRAH WINFREY

Make The Connection Ten Steps To A Better Body and A Better Life

Jen Jones Donatelli



Make The Connection Ten Steps To A Better Body and A Better Life:

The Best Life Diet Revised and Updated Bob Greene, 2008-12-30 From the bestselling author of *Get With the Program* and Bob Greene's *Total Body Makeover* comes *The Best Life Diet* a lifetime plan for losing weight and keeping it off Bob Greene helped Oprah achieve her dramatic weight loss and he can help you too You'll eat the same delicious food that Oprah enjoys and just like Oprah you'll have Bob to encourage you at every step Unlike a celebrity however you don't need to hire a staff of experts to aid and advise you because Bob's plan easily tailored to an array of tastes lifestyles and activity levels acts as your personal trainer and private nutritionist Just open the book and let Bob help you get started down the path toward your best possible life What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets only to backslide and regain the pounds they've shed have taught him that dropping pounds is not simply a numbers game By acknowledging that it is not simple laziness but a complicated web of social rituals cultural expectations and habits that drives people to gain weight Greene is able to attack the problem of weight loss realistically and offer not a short lived quick fix formula but a long term program that accounts for the challenges and constraints of the real world Divided into three phases *The Best Life Diet* gives you the tools you need to change your life In each phase you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results The book also includes easy to follow meal plans that make it simple to meet your daily energy and nutrient requirements whether you are on the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire Roasted Tomato Shrimp Veracruz Chicken Sausage Jambalaya or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp And for each delicious recipe there is a detailed nutritional analysis so you know exactly what you are eating and how it fits into your personal eating plan Most important Bob's plan doesn't end once you've lost the weight Instead it gives you the tools you need to make living your best life second nature because for Greene a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve [The Life You Want](#) Bob Greene, Ann Kearney-Cooke, Ann Mary Kearney-Cooke, Janis Jibrin, M.S., R.D., Janis Jibrin, 2011-12-27 Teaming up with prominent psychologist Anne Kearney Cooke and eating disorder expert and nutritionist Janis Jibrin Greene helps readers recognize how their mindsets might be preventing them from achieving their fitness goals and gives them the tools they need to break down these barriers *The Best Life Diet Cookbook* Bob Greene, 2008-12-30 A good meal is one of life's great pleasures but we all know that it can be difficult to choose foods that make us happy and keep us healthy In his New York Times bestselling book *The Best Life Diet* Bob Greene showed more than a million people that you can lose weight and eat delicious food Now in *The Best Life Diet Cookbook* he provides more than 175 recipes that taste as good as they are

good for you With recipes like Flank Steak with Potatoes and Garlic and Sweet and Sour Stuffed Chicken it isn't hard to eat well while shedding pounds Slimmed down comfort foods like Sweet Potato with Turkey Hash and Beef Stew with Winter Root Vegetables make family dinners satisfying and healthful Rotisserie Chicken Salad with Oranges and Pistachios comes together in a snap Or try one of the recipes contributed by world class chefs like Charlie Trotter or Suzanne Goin adapted to fit the Best Life guidelines Craving something sweet You won't believe that Pear and Banana Crisp and Apple Pie with Oatmeal Crust are low in fat and calories Also included are three sets of two week meal plans The Quick and Easy Plan for when you're most time pressed The Family Friendly Plan with meals to satisfy the whole gang and The Kitchen Connoisseur Plan for those looking for more of a challenge in the kitchen Whether you're trying to drop some pounds or simply want to maintain your weight these plans do all the calorie calculating for you The Best Life Diet Cookbook is full of useful shopping tips and culinary information Illustrated with dozens of beautiful black and white and color photographs it is a book you will turn to again and again Bob Greene firmly believes that every meal should be a celebration both of the pleasures of food and your commitment to living your best possible life and with The Best Life Diet Cookbook you can reclaim your joy of eating and live the life you deserve Get with the Program! Bob Greene, 2004-01-02 The bestselling author of Make the Connection delivers the keys to losing weight and staying fit for a lifetime Get with the Program can inspire readers to reach and maintain their weight and fitness goals The African American Experience Salman Akhtar, 2012-06-21 The African American Experience Psychoanalytic Perspectives edited by Salman Akhtar brings together the contributions of distinguished mental health professionals and scholars of humanities to offer a multifaceted perspective on the transgenerational trauma of slavery the hardship of single parent families the ruthlessness of anti black racism and the crushing burden of poverty and social disenfranchisement on the African American individual The book also sheds light on the resilience of spirit the dignity of perseverance and the glow of talent that is widespread in this group It contains penetrating and informative biographical essays on Martin Luther King Jr Malcolm X Mohammad Ali Barack Obama and Oprah Winfrey Such discourse on human greatness is balanced by the considerations of daily joy and anguish on clinical and societal levels This wide ranging and nuanced volume on the history culture and psychosocial struggles of African American people fills an important gap in the literature on psychotherapy and psychoanalysis **Sex Matters for Women** Sallie Foley, Sally A. Kope, Dennis P. Sugrue, 2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics *Toward a Magnificent Self* Tami Anastasia, 2002-02 **Oprah Winfrey** Ellen Creager, 2018-12-15 In a speech at the 2018 Golden Globe Awards Oprah Winfrey famously promised young women that a new day is on the horizon That sense of determination has helped Winfrey rise to the top of the worlds of entertainment and business and it's also helped her overcome a painful past to serve as a voice of hope and a force for change Through detailed text featuring sidebars and eye catching quote boxes filled with

Winfrey's own words readers discover her inspiring story which is told alongside full color photographs of Winfrey from the past and present **Official Gazette of the United States Patent and Trademark Office** ,1997 *The Taming of the Chew* Denise Lamothe,2002-08-27 Psychologist and doctor of holistic health Denise Lamothe presents a complete program to combat overeating showing compulsive eaters how to take control of their dependence on and obsession with food Lamothe targets the enemy as the Chew which she describes as the hurtful persistent out of control part of each of us The Chew is what keeps overeaters from sticking to a dietary plan and can compel them to go on eating binges Lamothe shows how to tame the Chew by explaining the problem from psychological social spiritual and biological perspectives presenting her comprehensive plan for holistic healing and change and showing how to avoid relapses by building self esteem *Oprah Winfrey* Katherine E. Krohn,2008-09-01 A biography of Oprah Winfrey *I Believe in Miracles* Deidre Spencer,2014-08-05 In *I Believe in Miracles* author Deidre Spencer shares the knowledge she gained in her fight against cancer and she provides the tools necessary to discover how to heal As a cancer survivor Deidre has beaten the odds conquering an aggressive form of cancer that had an additional genetic disorder component making it difficult for the doctors to treat Through it all she demonstrates the strength of conviction to follow through on her beliefs and through sheer determination positive thinking and with support from family and friends she pulled herself through those traumatic times Initially the doctors saved her from the brink of death when she had only two weeks left to live She then survived a stem cell transplant finding she was sensitive to the chemotherapy medicine and other drugs used in treating the side effects She again came close to dying When she pulled through the second time she had to learn to eat and walk again She realised then that she had to heal all of herself not only physically but also mentally emotionally and spiritually what she calls the four bodies Deidre is now in full remission *I Believe in Miracles* is a journey of self discovery trauma and self healing Deidre believes that if she can do it so can others *Oprah Winfrey (EasyRead Super Large 24pt Edition)* , **Oprah Winfrey** Jen Jones Donatelli,2010-07-01 A biography of American media personality Oprah Winfrey Provided by publisher **Shapewalking** Marilyn L. Bach,Lorie Schleck,2003 *ShapeWalking* goes beyond most fitness walking programs by adding toning and stretching to an aerobic walking regimen Exercisers use their own body weight and portable exercise bands for strength training to help control weight develop muscle and prevent or reverse bone density loss Addressing people of all fitness levels the authors discuss getting started setting attainable goals achieving a target heart rate and toning the most common trouble spots Workouts include an antiosteoporosis workout that strengthens the bones most affected by the disease Completely updated this book also includes current resources photos demonstrating proper form charts for keeping track of progress and safety tips for preventing injuries **The Oprah Phenomenon** Jennifer Harris,Elwood Watson,2007-03-16 Excellent essays on a business empire a cultural phenomenon and the nature of the extraordinary bond between Oprah Winfrey and her fans *Journal of Social History* Oprah Winfrey has built an empire on her ability to connect with and inspire her audience No longer just a

name Oprah has become a brand representing a unique style of self actualizing individualism The cultural and economic power wielded by Winfrey merits critical evaluation The contributors to The Oprah Phenomenon examine the origins of her public image and its substantial influence on politics entertainment and popular opinion Contributors address praise from her supporters and weigh criticisms from her detractors Winfrey s ability to create a feeling of intimacy with her audience has long been cited as a foundation of her popularity She has made headlines by engaging and informing her audience with respect to her personal relationships to race gender feminism and New Age culture The Oprah Phenomenon explores these relationships in detail At the root of Winfrey s message is her assertion that anyone can be a success regardless of background or upbringing The contributors scrutinize this message What does this success entail Is the motivation behind self actualization in fact merely the hope of replicating Winfrey s purchasing power Is it just a prescription to buy the products she recommends and heed the advice of people she admires or is it a lifestyle change of meaningful spiritual benefit The Oprah Phenomenon asks these and many other difficult questions to promote a greater understanding of Winfrey s influence on the American consciousness Identifies the common threads that run through Oprah s empire the demographics of her audience how she brings together women of diverse backgrounds and her use of empathy and encouragement to foster self improvement Library Journal With a foreword by Robert J Thompson *Oprah Winfrey* Adam Woog,2009-03-13 Oprah Winfrey is one of the most well known media personalities in the world Her syndicated talk show the Oprah Winfrey Show ran from 1986 to 2011 and is largely credited with popularizing daytime tabloid talk shows Oprah Winfrey is not only known for her business savvy and her dynamic personality but also for her philanthropic efforts and community service This compelling biography covers the life of one of America s most impactful personalities Chapters highlight the difficulties Oprah overcame in her childhood her pioneering talk show and her prominent role of as an influencer of culture literature and media **Oprah Winfrey and the Glamour of Misery** Eva Illouz,2003 Oprah Winfrey is an unprecedented and important cultural phenomenon This book aims to understand the reasons for her spectacular success and visibility Based on nearly one hundred show transcripts a year and a half of watching the show regularly and analysis of magazine articles several biographies O Magazine Oprah Book Club novels self help manuals promoted on the show and hundreds of messages on the Oprah Winfrey Web site it takes the Oprah industry seriously in order to ask fundamental questions about how culture works today **Oprah Winfrey: Media Mogul** Anne Lies,2011-01-01 This title examines the remarkable life of Oprah Winfrey Readers will learn about Winfrey s family background childhood education and influential work as a television talk show host Color photos and informative sidebars accompany easy to read compelling text Features include a table of contents timeline facts additional resources Web sites a glossary a bibliography and an index Essential Lives is a series in Essential Library an imprint of ABDO Publishing Company *Can't Buy My Love* Jean Kilbourne,2012-06-26 When was the last time you felt this comfortable in a relationship An ad for sneakers You can love it without getting your heart broken An

ad for a car Until I find a real man I ll settle for a real smoke A woman in a cigarette ad Many advertisements these days make us feel as if we have an intimate even passionate relationship with a product But as Jean Kilbourne points out in this fascinating and shocking expos the dreamlike promise of advertising always leaves us hungry for more We can never be satisfied because the products we love cannot love us back Drawing upon her knowledge of psychology media and women s issues Kilbourne offers nothing less than a new understanding of a ubiquitous phenomenon in our culture The average American is exposed to over 3 000 advertisements a day and watches three years worth of television ads over the course of a lifetime Kilbourne paints a gripping portrait of how this barrage of advertising drastically affects young people especially girls by offering false promises of rebellion connection and control She also offers a surprising analysis of the way advertising creates and then feeds an addictive mentality that often continues throughout adulthood

Make The Connection Ten Steps To A Better Bodyand A Better Life Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Make The Connection Ten Steps To A Better Bodyand A Better Life**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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