

QUIT DIGGING YOUR GRAVE WITH A **KNIFE** AND **FORK**



**A 12-STOP
PROGRAM
TO END
BAD HABITS
AND BEGIN
A HEALTHY
LIFESTYLE**

MIKE HUCKABEE
GOVERNOR OF ARKANSAS

"Excellent product with an excellent message. Congratulations on your success in Arkansas!" — ARNOLD SCHWARZENEGGER, Governor of California

Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle

Mike Huckabee

In hand over DIGGING YOUR GRAVE Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle WITH A KNIFE AND FORK, a leaner, healthier Governor Mike Huckabee motivates readers to raised health. along with his new 12 "Stop" program, he encourages humans to wreck loose from the damaging conduct that threaten their health and wellbeing and self-esteem. based on Huckabee, focusing exclusively on weight-loss frequently ends up in failure, and a focus to overall physique wellbeing and fitness is the single method to really succeed. jam-packed with Huckabee's sensible way of life changes, sensible health approach, and southern humor, give up DIGGING YOUR GRAVE WITH A KNIFE AND FORK motivates readers to do so and discover health isn't a fad, it really is forever.

This assessment is from: hand over Digging Your Grave with a Knife and Fork : A 12-Stop application to finish undesirable conduct and start a fit way of life (Hardcover) are you able to flip round a life of bad conduct whereas having one in every of America's maximum pressure jobs? Former Arkansas Governor Mike Huckabee proves that you simply can. Michael Landon, in an notorious episode of road to Heaven, confronts an obese teen approximately her determination to down a dozen donuts via herself, suggesting that if she does not like her weight, she deal with it. Thanks, Mike. i am definite she by no means attempted that. so much recommendation for the massive and the Handsome/Big and the gorgeous falls less than the class of "Well intended, yet unhelpful or maybe hurtful." relatively by way of those that have by no means struggled with weight except "to lose a number of additional kilos sooner than this event." So, i used to be very hesitant approximately Mike Huckabee's book. i have identified in regards to the weightloss e-book "Quit Digging Your Grave along with your Knife and Fork" for a few time, yet have refrained from analyzing it. The identify used to be intimidating correct off the bat. On most sensible of it, the publication used to be written by means of a politician, Arkansas Governor Mike Huckabee, who used to be additionally a former Baptist preacher. I anticipated that if one have been to select up, "Quit Digging Your Grave" you will get suggestion as harsh because the identify sounds, coupled with a few huge executive recommendation for solving future health care. In addition, the assumption of studying strength of mind from a political candidate appeared absurd. However, you cannot pass judgement on a e-book by means of its identify and Governor Huckabee's "Quit Digging Your Grave" is a case in point. Huckabee isn't really a physician and does not fake to be. whereas there are a few uncomplicated dietary Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle information within the book, akin to fending off transfats and fatty meats, this booklet isn't really a part of a proper Huck-a-diet with meal plans, a shake, and chocolate-flavored Huckabars. Huckabee intends his booklet to "supplement and never supplant" no matter what nutrition you are on. Huckabee's e-book is a mixture of notion and sensible steps had to create a way of life of well-being instead of basically dieting. the muse half is easy. Huckabee used to be a vastly obese Governor who, at 47, was once clinically determined with sort 2 diabetes and used to be instructed he used to be within the final decade of his life. Huckabee could not even

cross up a flight of stairs with out being winded. Huckabee Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle misplaced a hundred and ten kilos and has competed in either the Little Rock and Boston marathons. In politics, the place photo is everything, Huckabee is painfully sincere in regards to the discomfort and embarrassment linked to being overweight, together with how an old chair crumbled less than his weight in a cupboard meeting, and the way apprehensive he was once approximately humans seeing him run in his first 5K race. Huckabee's honesty makes him effortless to narrate to as a reader. you do not consider like you've a few waif or superjock preaching at Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle you, yet really you are hearing an individual who has been the place you are. Huckabee is a enjoyable and readable author. it will be tempting to take a seat and browse the ebook in a single sitting. it isn't weighty at all. however the most sensible method to learn this publication is in bite-sized bits. Huckabee's publication gains twelve stops, stuff you have to cease doing to be successful in weight loss. 3 have been rather robust for me. bankruptcy 1: cease Procrastinating was once notable as Huckabee defined his impressive maze of excuses. so much overweight humans can be conversant in them. the adaptation is that as a governor, Huckabee had even more. the main robust a part of that bankruptcy was once whilst Huckabee defined the Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle good fortune he'd achieved. As Governor, he'd tasted the very best nutrients that you can imagine from high quality cooks and nice eating places round the nation and the world. He said, "Nothing tastes pretty much as good as being healthy." I try to contemplate that each time i feel of breaking my diet. "If Huckabee acknowledged Chicago pizza did not style pretty much as good as being healthy, why am I brooding about that cupcake?" Huckabee's 12th Stop: "Stop Neglecting Your non secular Health" will be whatever you would anticipate from a former Baptist Minister. However, Huckabee attempts to be as inclusive as possible, and is kind of wary approximately it. This aspect got here via to me: we're necessary to God, Quit Digging Your Grave with a Knife and Fork: A 12-Stop Program to End Bad Habits and Begin a Healthy Lifestyle His Creation. Our lives are beneficial to him and definitely worthy greater than the entire containers of soda crackers within the world. the remainder of the booklet is filled with simple, domestic spun wisdom. The gist of the e-book is to push you in the direction of a way of life change, now not a diet, in the direction of lifetime health now not a magic weight number, and clear of utilizing nutrition as a present (particularly for reaching a weight reduction goal.) As for government, Huckabee sees its position within the weight factor as minimal. he is opposed to executive being "the grease police," yet favors extra confident steps resembling giving nation staff jogging breaks as different staff are allowed smoking breaks. If there is one feedback i would offer, it is that Huckabee tells a couple of lame jokes reminiscent of the old, "My general practitioner acknowledged i used to be fats and that i requested for a moment opinion" one. except that, Huckabee's publication succeeds at what it units out to do, offer encouragement and idea to these looking to develop into extra fit.

Quit Digging Your Grave With A Knife And Fork A 12 Stop Program To End Bad Habits And Begin A Healthy Lifestyle

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