



Reboot with Joe: Fully Charged: 7 Keys to Losing Weight, Staying Healthy and Thriving

Joe Cross

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In *Fully Charged*, Joe Cross shares what he's learned since filming *Fat, Sick & Nearly Dead* about staying healthy in an unhealthy world. Whether you've followed the Reboot diet and are looking for help in sustaining your success, or looking for advice that will help you lose weight and adopt a healthy lifestyle, this book is full of inspiration and encouragement, as well as practical tips for diet, exercise, and mindfulness.

Adopt Joe's 7 keys and thrive!

1. Change Your Relationship to Food (Don't Abuse Food)
2. Change Your Diet (Eat the Right Stuff)
3. Change Your Habits About Food (Find a New Groove)
4. Embrace Community (Get a Little Help From Your Friends)
5. Maintain the Machine (Follow the Upkeep Manual)
6. Practice Mindfulness (Chill Out)
7. Respect Yourself

"Before I started juicing, I was overweight and taking medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film *Fat, Sick & Nearly Dead*, I lost weight, got off the medication, and began to feel better than ever! Today, I still drink a lot of juice and eat a balanced diet centered on fruits and vegetables. But I've also realized that staying healthy is a lot more complex than just what you eat. I've distilled what I've learned down to 7 Keys to health and happiness. Paying attention to these 7 keys helps me thrive."

—Joe Cross

Reboot with Joe: Fully Charged: 7 Keys to Losing Weight, Staying Healthy and Thriving Details

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From Reader Review Reboot with Joe: Fully Charged: 7 Keys to Losing Weight, Staying Healthy and Thriving for online ebook

Rachel Mastrapa says

This book is about life after Reboot, not the famous juice only diet itself. It is a compilation of tips that Joe himself uses to keep himself healthy.

The problem is that I have heard it all before, so it was not particularly helpful. What was nice was the friendly voice of the author and the brutal honesty. Cross shared that he had hired a nutritionist to cook meals for him, which he would eat. When she was gone he would order pizza and hide the empty boxes so she wouldn't find them. That is a very brave thing to cop to considering the amount of shame that is involved in our feelings toward food.

In the end that is what the book is about - examining our relationship with food. Can anyone really claim that they know and trust food as a friend or is it their worst enemy?

Lara says

I received this book through NetGalley for review. I've seen the author's first film about his juice fast. And I found it very interesting and inspiring. So, when I had the opportunity to review several of his books, I jumped at it. This is the book for those who have adopted a lifestyle the juice fasts and eating a lot of fruits and vegetables. It addresses topics like long-term motivation, keeping things interesting, and the issues that can arise with a major dietary change with family and friends. It has a number of success stories and practitioner tips from people who were inspired by the author and figured out how to overcome barriers to making juicing a long-term commitment.

Because this book is more about maintenance, there aren't many recipes, so I only tried one. I made a smoothie recipes, something that doesn't show up too much in the author's books. I made the Green Berry Smoothie. It was refreshing and light. The flavor was mainly of the strawberries with a light mint aftertaste. It was very nice.

If you have tried juicing, and want to prepare for challenges that might arise over time, this book is likely to give you pointers as well as motivation. Yes, you too can make a major lifestyle change like juicing and keep it up long-term.

Christine says

Joe's honesty is quite refreshing since I began reading his books. Not a new concept however I enjoy reading about "falling off the wagon", gaining your weight back and then losing it again. More and more books I read put on this "face" of once you stop eating crap or drinking soda, you will no longer want it. Really??? I haven't had McDonald's in years yet every time I smell it, I want it! THAT is reality. I appreciate his struggle and enjoy his honesty. Food is an addiction, just like any other addiction.

Jan Argasi?ski says

Meh. Film fajny, soczki dobre ale ksi??ka to takie klasyczne lanie wody. Gorzej, ?e to lanie zajmuje znaczne?? publikacji. Lepiej jakby sk?ada?a si? z samych przepisów (zacnych, podkre?lam).

Laura Odom | pixie.hallows says

I have gone through a "reboot" (both 3 and 5 days) before and enjoy using recipes on the rebootwithjoe.com website. When this book became available to review through Netgally, I requested to review it and was selected. (All opinions are my own). I liked this book better than your typical diet book. It's more about the longevity of a lifestyle change and how to maintain the lifestyle and weight loss after the original "stint" with juicing and it's weight/healthy rewards. I felt encouraged to give it another goal and to stick it out. It's also not just about juicing only. It talks about incorporating healthy foods into your routine and making your healthy lifestyle sustainable.

Would I recommend this to a fellow book lover? If she/he was interested in juicing, yes.
Would I recommend this to my teenage daughter? Probably not

Rebekah Crain says

4.5 out of 5 stars

The great thing about this Reboot book is that it doesn't just cover the in's and out's of Rebooting. Instead this book touches briefly on the juicing, but primarily this is a book that deals with the post-Reboot lifestyle. Everybody knows that a diet, no matter what one you choose, is going to be difficult but hopefully give you results if done right. Likewise, everybody also knows that usually the minute you quit dieting your body sneaks the lost pounds back on. Maybe not immediately, but it almost always happens.

With the Reboot plan; however, Cross has tried to teach and encourage his readers how to reset their bodies to a more natural cycle. A physical system reboot, so to speak. In doing this not only do you retrain your body in the ways of healthy eating and nutrition, but you ideally shed some unnecessary pounds as well. This book tackles the key to keeping that weight off after your reboot period.

This is a self help guidebook that has been streamlined to correspond with Cross' earlier Reboot with Joe Juice Diet books. With 7 helpful tips, Cross offers not just the key to your starting point but to your continued well being and healthy lifestyle. It won't always be easy and you might not always succeed, yet readers who take this points to heart will find themselves far better prepared to take on their new lifestyle endeavors.

I liked that once again it felt like this book wasn't written from a clinical standpoint, but from an average person's everyday perspective. If we all lived and thought like clinical doctors we probably wouldn't have a need for this sort of book. Yet we do [need it]. And knowing this book was written by someone just like me who envisioned something more- something better for himself, well that makes it all the easier to digest.

(Whoops, I made a foodie pun. Haha)

Something I found most inspiring was that Cross included numerous testimonials from Rebooters who have both found success and watched it slip away. These testimonials show it doesn't have to be an all or nothing kind of arrangement. Sure, everyone wants to be a huge success story from the start to finish, but that's rarely the case. The fact that this is what Cross focuses on in this book is what makes it so real. Nobody is perfect; the key is knowing how to prepare yourself and what to do if/when you mess up. Reboot With Joe: Fully Charged offers that blueprint to follow.

Thanks to the author, publisher, and NetGalley for providing me with this review opportunity.

HeatherLynn says

Surprised this was not a 'diet' book. Far better than I expected. Candid and forgiving. Inspiring me to make some lifestyle changes beyond diet and exercise.

This one will stay with me. And yet I do not and will likely not juice or own a juicer. This is not Reboot part 2.

Steven R. McEvoy says

This book is one of the best health and fitness books I have ever read! In fact it was so good that as soon as I finished reading it, I started reading it a second time. Joe Cross is just a regular guy who decided to Juice for 60 Days and see if he could turn around some of his health issues. At the time he had no idea he was starting a movement that now spans the globe. This book is the latest from Joe Cross and has some no nonsense approach to finding and maintaining a balanced life. And one of the first things he will tell you is what works for him might not work for you but there are some principles that will help you wind what will work for you.

Early in the book Joes states: "Ornish likes to joke that the first dietary "intervention" was when God told Adam and Eve not to eat the apple. "That didn't work, and that was God talking," he says, "so we're not going to do better than that."." And it is true Joe is not ever going to tell you to never do something or always do something else. Instead he focuses on that last 2 feet of freedom, from you hand to your mouth and learning to make better choices in those last 2 feet. The 7 principles Joe has discovered and shared in this book are:

1. Change Your Relationship to Food (Don't Abuse Food)
2. Change Your Diet (Eat the Right Stuff)
3. Change Your Habits About Food (Find a New Groove)
4. Embrace Community (Get a Little Help From Your Friends)
5. Maintain the Machine (Follow the Upkeep Manual)
6. Practice Mindfulness (Chill Out)
7. Respect Yourself

And to be honest there is not much complicated about hose seven things. That is knowing it versus doing it - KIVDI! Most of us know what we should be doing and some have even done it for periods but when we fail.

And a big part of it comes down to community, support and learning why we do what we do. In the book there is a major chapters on each of these 7, and the chapters end with a series of questions to help you go deeper and find your answers. And also a testimony from one of the Reboot With Joe Community members who has or is working on this area. These stories are some of the most incredible and motivating parts of this book.

According to Joe we need to: "Being aware The most basic way to improve your relationship with food is awareness. If you are truly conscious of the food you are consuming, or are about to consume, this will make a huge impact on the way you eat." And we can do that by working through this book. He also states "But we also want to be aware of our food in order to be thankful for it. Not forgetting about it in some mindless act of consumption. Not bolting it down fast on our way to somewhere else. Not being so disconnected from how food is prepared that we are no longer participants in the process." Joe says food is neither good or bad, it is not black or white, but how we use food can be either beneficial or harmful. There are good better foods to eat and those that are less good for us. We need to find what works for us and then be sure we have the support in our lives to live it out.

This book is not a diet book to help you lose weight in a specific amount of time. It is a book about finding the lifestyle choices for food and exercise that work for you so that you can not only exist but learn to thrive and live life fully charged. It is a great read and I highly recommend it!

Books by Joe Cross:

Fat, Sick & Nearly Dead: How Fruits & Vegetables Changed My Life

The Reboot with Joe Juice Diet: Lose Weight, Get Healthy and Feel Amazing

Reboot with Joe Recipe Book: Plant-Based Recipes to Supercharge Your Life

The Reboot with Joe Juice Diet Recipe Book: Over 100 recipes inspired by the film 'Fat, Sick & Nearly Dead'

The Reboot with Joe Juice Diet Cookbook

101 Juice Recipes

101 Smoothie Recipes

Reboot with Joe: Fully Charged: 7 Keys to Losing Weight, Staying Healthy and Thriving

Documentaries by Joe Cross:

Fat Sick And Nearly Dead

Fat Sick And Nearly Dead 2

Apps by Reboot with Joe:

Reboot with Joe

101 Juice Recipes

101 Smoothie Recipes

Read the review on my blog [Book Reviews and More](#). As well as an author profile and interview with Cecil Castellucci.

Laura Kump says

As a woman on a mission to reclaim my health, I loved reading this book. I truly connected to the stories shared within its pages. This is not a diet book and really I didn't feel Joe was trying to sell me anything.

What I felt was an honest sharing of a journey to reclaim health. Joe shares what we've all experienced, getting there is only half the battle.

In this book, Joe talks about ways to maintain healthy lifestyles and they are simple and realistic. For me, knowing it versus doing it is my problem. As a health blogger, I'm always talking about simple changes to maintain health, yet struggle myself at times. And, guess what that's reality. Nobody is perfect, not even me. The trick is to keep going. As Joe shared in many stories, one day doesn't need to derail the train.

What I feel sets this book apart is the common sense, easy to implement ideas. Addressing mindsets is an integral part of lasting change. I had not even heard of this author, or his show. This is the first book I read by him and I see he has many. I will gladly recommend it to those looking to change their lives, not just loose weight fast.

Thank you Netgalley for providing me a copy of this book to read.

Denise says

I found this book to be an interesting read. I liked several of the principles in the book, but found this was a book stronger on the principles, than in actual recipes. This would be ideal for some people wanting to learn more, but for me I was looking for a book with more recipes. I received this book in exchange for an honest review.

Melody says

Reboot with Joe: Fully Charged is a solid follow up to Joe's first Reboot book and leans more towards those who really need that extra psychological push to get it together. The book is broken down into three parts: "The Puzzle of Real Food, Real Life," "The 7 Keys to Unlocking Health," and "Resources."

Fully Charged covers everything, from breaking the cycle of food addiction and sugar addiction (which won't happen overnight but will be life changing in the best way), sustaining a healthy lifestyle (while accepting that no one is perfect) and knowing that what works for one person doesn't work for another (which should be obvious since we all have different bodies but alas).

The book has a huge emphasis on how we are all creatures of habit and conditioning rather than conscious decision making and it makes a point to guide those who are truly ready to course correct but aren't quite sure how to stay on course once they do. This means that this isn't just about food and exercise. It's about sleep and low stress and community and a handful of different factors that we must have a solid balance in order to succeed.

Personally, this book didn't help me at all since all of this advice has already been engrained in me from various resources (generally speaking and in much more detail) but this book is perfect for the newbie or the backslider who needs hand holding and that's okay. If you saw Fat, Sick, and Nearly Dead 2, you know how easy it is to backslide. This book is about not letting your mistakes take ahold of your entire life again. This is about picking yourself back up and staying the course.

That said, if you have read Joe's first book, I wouldn't say that you actually need to buy this book, maybe get

it from the library and pick out the tidbits that you need as there's a lot of repetition here. Actually, I much preferred the first book to this but this is coming from someone who already knew just about everything in this book and therefore didn't find it helpful. So, I guess it just depends on where you are at on your health journey. So if you think this book is for you, go ahead and good luck on your journey!

James Q. Benners says

Great information & motivation on how to get healthy through juicing.

Enjoyed the info. A little slow and boring in a few areas but if you push through and keep reading, you can learn a lot. I did. Overall, I enjoyed the book and am successfully completing my first 15 day reboot tomorrow. Lost 17 pounds so far. The program works!

Heidi The Hippie Reader says

I received a free copy of this book through Goodreads First Reads. FTC guidelines: check!

Fat, Sick, and Nearly Dead is one of the main reasons why I bought a juicer and have attempted to incorporate more plants into my diet. I'm not hardcore about it, but I try. I didn't know that Joe from that documentary is named Joe Cross and that he's written multiple companion books for that film. This one, Reboot with Joe: Fully Charged, is excellent.

What I love about Joe is that he's realistic. He doesn't expect that he will eat perfectly for the rest of his life- he just wants to do the best that he can today then repeat the process tomorrow. He pushes the big lifestyle changes: diet, exercise, and rest but not in an extreme, unobtainable manner. In addition to common sense ideas about health and diet, Joe has spent years building an online community to support those who are working on major life changes. When you read this book, you also read examples of people who have turned their lives around with juicing and exercise. It's inspiring and could be life changing for many people.

I also like that Joe included some of his go-to juicing recipes towards the back of the book. I've tried quite a few different juices, but I haven't found any that I particularly liked. It's always nice to have some new options that have appealed to other people in the past.

If you enjoyed Reboot with Joe: Fully Charged, I highly recommend his two documentaries: Fat, Sick, and Nearly Dead & Fat, Sick, and Nearly Dead 2. Also, I'd recommend the documentary Forks Over Knives which has a couple companion cookbooks out now.

Carmen Blankenship says

One Saturday night my husband and I couldn't sleep so we surfed around Netflix for a good documentary. We came upon Fat, Sick & Nearly Dead. It was transformative and really spoke to my husband and I. It was so fresh, well researched, and had so much heart! Since watching I am so much more aware of what goes in my body. But it is also so easy to fall back into old patterns.

So imagine my excitement when I came across Fully Charged by Joe Cross! Just like the documentary it has priceless advice and encouragement. Mix that with Joe Crosses easy laid back writing style.. you feel like you are getting advice from a beloved friend. In Fully Charged Joe provides 7 tips to help you maintain your health and weight. All seven are practical and proven to work. I believe if you are going to have only 5 self-help books in your library Fully Charged should needs to be one of them.

Thank you to Netgalley and Greenleaf Book Group for the advanced copy in exchange for this review.

Matt Wire says

I received this book free - from NetGalley - in exchange for an honest review.

While I enjoy Mr. Cross, this seems to be a "reboot" of everything he has previously said. His "7 Keys" are quite generic and, if I'm honest, a bit trite. While I enjoy his writing style and am a fan of his work, this one seems to be a rehash of his previous work with a bit of holistic "zen" thrown in for good measure. As much as I wanted to love this book, I'm going to have to suggest if you have read his other books (or just watched his movies), you can pass on this one.

That said, there is some good information in this book for the uninitiated. If you know nothing of Mr. Cross' work, you may find this book helpful!
