



Thinner This Year: A Younger Next Year Book

Chris Crowley , Jennifer Satchek

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Now in paperback, the latest book in the *New York Times* bestselling, one-million-copy-plus Younger Next Year franchise. The book that tells every reader how to lose weight, discover new vitality, and get in the best shape of your life. The book with the no-nonsense, no-BS, no-shortcuts approach. The book that shows that there's a revolution in aging going on. The book that is the how-to of that revolution.

Chris Crowley, the memorable patient and coauthor of *Younger Next Year*, partners with Jen Sacheck, a nutritionist and fitness expert from Tufts University, and in lively, alternating chapters they spell out a weight-loss plan that will have readers losing up to 25 pounds in the first six months—and, much more significantly, keeping it off next year, and the year after, and so on, for life. The message is straightforward and based on the most up-to-date nutritional science: resist the added-fat, added-sugar concoctions created by the food industry; skip the supplements; pile on fruits and vegetables to your heart's content, but it's OK to eat lean meats, too; and don't drink your calories. And exercise! With its simple, fully illustrated program of 25 "sacred exercises," here is everything the reader needs to build muscle, protect joints, add mobility, and put off 70% of the normal problems associated with aging and eliminate 50% of serious illness and injury.

"Clear, concise, well-balanced nutritious diet plan. Realistic exercise . . . [and] the combo of the authors—nutrition scientist and witty writer—makes this an easy-to-read volume with loads of timely, science-based information."

—Madelyn Fernstrom, Diet and Nutrition Editor, *TODAY* and NBCNews.com

"Chock-full of easy recipes, meal plans, and exercise diagrams."

—*The Wall Street Journal*

Thinner This Year: A Younger Next Year Book Details

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Diane says

December 2013 - I qualify this rating by saying I have been for the last 6 months a "beta tester" of this program and read the pre-publication manuscript! But I must say its a terrific read, entertaining and educational. Chris Crowley does humorously inspire you to get moving and keep at it and Jen backs it up with all the scientific knowledge to assure you that you are on the right track. My goal was 15 lbs and I met that goal, feel terrific and the program really has become a part of my life. At 63, I will continue on this lifestyle change with a goal of losing 10 more pounds and aging with enthusiasm!

May 2013 - I re-read the final edition and frankly learned even more, particularly on the strength training side. Anyone who reads this book and comes away uninspired must have read different book! Movement and healthy eating are the keys to aging well. Period! btw, 6 months later, I have maintained my original weight loss and deleted a few more pounds.

Warren says

Having just retired, it gave me lots of ideas. I especially like the part on weight training - not something I would have thought about. And I also liked the care , commit and care section.

Erica says

Gabe's been on this kick to get us living better, in a healthier fashion. I'm all for it but we can never agree on how to go about doing just that. This book came across my desk so I checked it out, thinking it would help. It didn't.

Neither of us could finish it.

If you are motivated by the fast sales pitch, you will love this book and it will probably make you thinner next year. However, if you are looking for digestable content, plans, ideas, suggestions and don't want to wade through a ton of BS to get it, I recommend some other book that is not this one.

Gabe kept saying it was like watching the Money Momentum sketch (I don't remember the comedy group that did that but it was in the '90's and you can probably find it on YouTube; I'm too lazy to do that right now. And that is why I won't be thinner this year. I'm lazy) where the over-the-top enthusiasm is the selling point, not the actual words being used.

I couldn't disagree. I felt like I was in an audience hearing someone yell, all hallelujah-ey, "Are you fat? I said, ARE YOU FAT? Yes, you fat pigs! You ARE fat! But with this book and our patented 199.99 plan, you, too, can be thinner this year! Because WE DON'T WANT TO BE FAT! That's right! Say it with me, friends, WE DON'T WANT TO BE FAT! And how can we not be fat? Well, I'll tell you, but first, I'm going to call you fat one more time, you lazy slob, and then we're going to go talk to this woman who is going to tell you WHY you don't have to be fat! LET'S BE THINNER THIS YEAR!"

Lisa says

I saw that this was a top seller last year in the self-help genre so I thought I'd give it try. I didn't learn anything new - eat less, eat more veggies and fruit, don't eat crap, exercise, etc. The part that was the worst for me was that the author was trying way too hard to be funny. Oh, also, this book is aimed for baby boomers. It would have been nice for the book to have told me that on either the front or back cover before I read it.

Tess Mertens-Johnson says

This is the second book my doctor had me read in the series (Younger Next year was the first). Like Younger Next year, all of the suggestions in the book were great, if you were a retired millionaire. Thee book was written by a lawyer who was able to retire in the Berkshires at 55 (hmmm...I will be that age soon) and convert a barn into a work out center. The other author was a woman on a rowing team who seems to have the funds and time as well. I found I do many of the suggested items, especially the yoga exercise. But for us average working stiff it just seems a stretch to work out six days a week and eat only organic. The male author fell of the wagon many times with the suggestion of no alcohol, and the female had French toast. I am glad I read the book, but would like to read something for two income families juggling work, kids, activities and life. That would keep my attention and not make me so sarcastic....

Noël says

Good info on nutrition, but then it rambles. Also, unless you're hard core, most people will hate this plan. No sugar ever!

Maureen Neylon says

Listened to about 20% of it, then gave up. Too scientific and preachy.

Betty says

I read Younger Next Year a few years ago and liked it. This book has more detailed diet and training information. The nutrition information is interesting but doesn't transfer to helpful eating plans. I think the strength training information really needs a personal trainer to be helpful to the age group this book is directed at.

(Boomers)

Kat says

This book has a similar message as *Younger Next Year*. It delves deeper into nutrition, but still holds exercise as the most important thing for weight loss and overall health. The only flaw is Chris Crowley's heavy-handed repetition with sexist undertones.

Jennifer Sachek is a doctor and athlete with a clear concise way of breaking down technical information.

The *Younger Next Year Exercise* book is a great compliment to either of these books.

Julia says

This book springs from Crowley's "*Younger Next Year*." book a couple of years ago, and which I totally loved and helped to change my life.

This is such sound and practical advice on health, nutrition and exercise. It is hard not to pay attention to what is being said. It may be a bit repetitive of "*Younger Next Year*", but I find that I need to be constantly reminded and encouraged to keep eating well, and to keep up that exercise routine. Chris Crowley is an exercise nut and his advice on how much exercise and how hard to go at it will likely turn some people away. It is easier for a retired person, who has no job commitments and no family commitments to exercise every day of the week and for several hours at a time. For the rest of us, it is important to find that time at least 4 or 5 times a week. (in my opinion) It is such an important investment in our health. I've also heard it said that our weight and health is 80% dependent on what we eat and exercise helps. It is a misconception that one can eat whatever they want as long as that person does some exercise. For all of Chris's ranting about exercise, he makes a good point all the same and his stories are fun and amusing. Although, to use Chris's own words, I think he is one tick this side of crazy! Being almost 80 years old and in tip top shape, you can't deny that his methods work.

Chris's health & exercise information is balanced by Jen's scientific background. Together they give some serious education about how to live your life in a way that is sustainable to the end. Chris calls the good life a three legged stool; exercise, nutrition & caring. We know that it goes without saying that exercise & nutrition are extremely important components to a healthy life style, but caring is right up there too. Caring, connecting and committing to other people has proven to make ones life rich and satisfying, which also impacts our physical health. A good read, if you are ready for it!

Kara says

My attempt to describe the author's tone:

YOU ARE FAT! Hahaha, just kidding, no, but seriously, you are a typical fat, lazy middle

aged American and here are some scientific words to make you feel better and hahaha we're just having a great time talking about weight loss, it's the perfect venue for me to try out my stand up material, all this health stuff is just to pay my bills until my agent lines up that sitcom deal.

Yeaaaaaaaah. Ok, no, I'm gonna pass.

The content is good – don't eat crap, eat a lot of vegetables, exercise a lot – but the packaging is terrible, making it a hard slog to get to the information itself.

Marianna says

Thank God this book was free. I seriously did not like the author's approach to writing this book. Maybe I should have given the author longer than 20% of the book to get to a point besides Americans are day because we are too sedentary, eat too much and don't eat the wrong things. But seriously....I thought that id get to some point eventually...

Julie says

Meh. I probably should have looked at the target audience of this book BEFORE I started reading it, seeing as how I'm 29 and it gives advice for people in their 40s, 50s and beyond. Whoopsie. That being said, I didn't like it anyway. It's both overly simplistic and effusively scientific at the same time, and the authors hammer their rules over your head 184502 times in 300 pages.

David Geschke says

Took me over a year from the time I started this book to finish it. It's the sequel to probably my favorite book on fitness "Younger Next Year", which I highly recommend. This book took a long time to get through because it bogged down a lot for me, and I kept losing interest. Still some very good information here. Same basic premise as last book - exercise forty-five to sixty minutes a day, six days a week for the rest of your life. Eat healthy. Have a purpose and stay involved with others. Get "Younger Next Year" (there's a special edition of that book for women, too) instead of this book. If you want a decent workout routine and some supplemental info, this book could also be helpful. Also includes some specifics on what to eat (or not to eat) as well. Both books geared to the "over fifty" crowd.

Stacey says

I guess I'm glad it wasn't a gimmick book, but not sure how they managed to fill 250 pages with 'eat less and

exercise more'.
