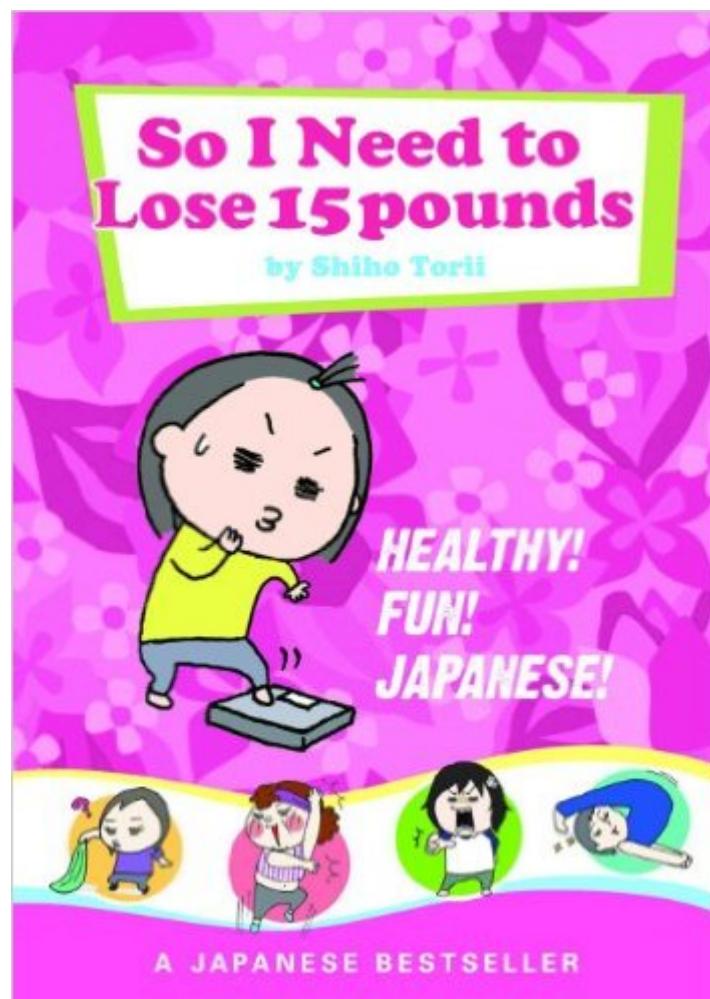


The book was found

So I Need To Lose 15 Pounds



Synopsis

Who hasn't worried about their weight at one time or another? Part journal, part self-help book, So I Need to Lose 15 Pounds presents an amusing new way to look at dieting in the humorous style of Japanese manga. From popular diets like macrobiotics to way-out-there diets that use experimental NASA equipment and hypnosis, twenty-seven diets total are put to the test. Readers can find motivation to lose weight and helpful information on which diets give the best results, while laughing all the way. Written in the manga format from the country that does it best, this is the how-to comic based on one young author's struggle with her weight.

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #2,713,878 in Books (See Top 100 in Books) #99 inÂ Books > Comics & Graphic Novels > Manga > Educational & Nonfiction #5882 inÂ Books > Health, Fitness & Dieting > Women's Health > General #11090 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Shiho Torii is a Japanese manga (comic book) author who decided to keep a running blog for 5 months on her attempts to lose 15 pounds. This ends up to be a very funny look at how universal weight loss and stress really are. So first - to be clear - this is NOT an expert guidance on the best ways to lose weight. It is not a seriously written tome about diet A vs diet B. It is one woman's fun, stressful, detailed journey through a wild variety of attempts, all told in comic book format. She definitely has misperceptions, which is fine! She complains that she "only" lost 2 pounds in a week, when this is healthy (and over 5 months would have her lose 40 pounds, far more than the 15 she was aiming for). She repeats outrageous, 1800s era advice about "don't bathe during your period". She even states that taking a 20 minute bath burns 100 calories - when everything I've read says taking a bath is NO DIFFERENT than watching TV and that's only 68 calories an hour (i.e. 23

calories for 20 minutes). But for all of that, Shiho is delightfully fresh and frank in her willingness to try *anything*. She tries hypnosis. NASA steam machines. GI diets. Enemas. Various exercise systems. Along the way she learns what works well for her, what is ridiculous, and has a lot of fun. It's fairly clear why some of these diets will NOT work. One diet says to load your plate as high as you want, but never go back for seconds. That's a clear encouragement to gorge! Another diet insists you not drink water, which will dehydrate you. Shiho provides a lot of information that is useful no matter what your health choices. If you get into a weight plateau, don't stress about it. Keep eating healthy, exercising regularly, and your body will take care of it. Incorporate hot baths and ginger tea into your diet. They help with stress, digestion and hydration. It's important to realize that this book wasn't fact checked. There is blatantly wrong information in here. However, there's also fun stuff to enjoy, and some good tips. So the key is to read this like a light summer romance. It'll pass the time, give you some insight into another person and leave you with a few tidbits. Just don't take anything said here too seriously.

It's very funny. Comical weight reduction challenger's story. good for those who is going to start losing weight or has given up.

Good summer read! People who have a good sense of humor about struggling to lose a few pounds will appreciate this book.

I will be honest that I was pretty skeptical of this book. In fact I didn't even buy it myself, but read a copy of my friend's. Being a 24 year old guy, I'm not so interested in either weight loss or Japanese comics, but this was just too funny. Now I have bought two copies, one for my girlfriend and the other for my sister (my girl friend thought I was subtly trying to call her fat, but once she read it she loved it too!). A lot of these diets are too ridiculous to be anything but entertaining, though there were quite a few that seemed more than credible! A big recommendation, if not for the information, than just for the fun. *The End of Overeating: Taking Control of the Insatiable American Appetite* Enjoy

A hilarious light read and a look into Japan, this comic book was something new. I must admit that I am not too into dieting. And to be honest I am not much of a manga fan either. But this book was entertaining and fun to read regardless. And if I ever start thinking of going on a diet... This book would be a good place to start. Because it gives you a very general overview of a lot of different diets. It lets you know just how wacky the wacky ones are and just how practical the practical ones

are. Eat This, Not That! Thousands of Simple Food Swaps that Can Save You 10, 20, 30 Pounds--or More!

So I Need to Lose 15 Pounds is absolutely hilarious. As one of the many who probably takes weight loss and dieting too seriously, I really appreciated this book's lightheartedness and laugh-out-loud illustrations. There is something especially great about being taken along for the ride as the author shares her dieting highs (and lows.) A great gift, and the perfect book for anyone who is looking for a good chuckle.

The content is serious, losing weight! But having the humor and using the manga style, this book is surely a funny book that you can read through. It also does have a good amount of information on which diets were effective for the author. Some one that likes nonfiction style manga like The Manga Cookbook will surely enjoy this book.

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