



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

By 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

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### **Bibliography**

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### Editorial Review

#### About the Author

Joe Cross is a filmmaker, entrepreneur, author and wellness advocate. He directed, produced and was the subject of the award-winning documentary *Fat, Sick & Nearly Dead* which has been seen by more than 20 million people around the world; authored the *New York Times* bestseller "The Reboot with Joe Juice Diet" book, which has been released globally in multiple languages; and is credited with having accelerated the plant-based eating movement by media outlets including the *Wall Street Journal*, *The Times of London* and The Dr. Oz Show. His website, [rebootwithjoe.com](http://rebootwithjoe.com), has become an integral meeting place for a community of more than one and a half million Rebooters worldwide. His second documentary film *Fat, Sick & Nearly Dead 2*, which focuses on how to stay healthy in an unhealthy world, will be available for sale and rent on November 18, 2014.

### Users Review

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##### **Johnna Chapin:**

The actual book Reboot with Joe: Fully Charged: 7 Keys to Losing Weight, Staying Healthy and Thriving has a lot details on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you will get the point easily after scanning this book.

##### **Debra Sudduth:**

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**David Saenz:**

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