



Lightness of Body and Mind: A Radical Approach to Weight and Wellness

By Sarah Hays Coomer

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Forget every tactic you've ever tried to lose weight and feel better. Put down your weapons once and for all, and step out of the field of battle. Despite how it may seem, your brain and body are not unsupportive beasts bent on undermining your fitness goals. They just want some chips and dip, that's all. They aren't the problem. The way you're trying to manipulate them is.

In *Lightness of Body and Mind: A Radical Approach to Weight and Wellness*, personal trainer Sarah Hays Coomer offers a different approach. She proposes that you will never be able to achieve a body you love by doing things that you hate, that deprivation and limitation will never set you free, and that punishing workouts and strict diets are dead end roads. The way to a body that works is by doing more of what you authentically love.

Through memoir and intimate client stories, this book encourages you to dance with your demons, to choose and cherish the ones you have no intention of giving up, and to build a solid infrastructure, dedicated to good health, in which wellness and indulgence spring from the same source.

You don't need more control. You just need functional knowledge of how habits are formed; a reverent, dizzy appreciation for falling apart when necessary; and laser focus on what brings you to life.

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Editorial Review

Review

Coomer, a personal trainer and health coach, takes a novel approach to weight loss that rejects calorie counting, dieting, and strenuous workouts. In this inspiring and compassionate book, she shares her own struggles with weight and body image, as well as her realization that deprivation and treating the body as the enemy rarely work. Coomer asserts that the more effective approach is to replace poor eating habits with small, positive changes. Instead of restricting foods, she argues, one should supplement them with healthy choices; rather than working out in a gym, find a pastime that you love, and then stick to it relentlessly. Coomer shares illustrative stories from her clients, noting that those who emphasized enjoyment of life fared better than those who followed restrictive diet or exercise plans, which often were eventually abandoned. Slow, constant weight loss, she contends, is the more effective route; in a chapter called 'The Tortoise Totally Wins,' she demonstrates how 'slow and steady' wins the weight-loss race. Readers seeking quick fixes and recipes won't find them here. Though Coomer does include some familiar, practical tips (e.g., pack a lunch rather than eating out; reduce portion sizes), she mostly digs deeper, focusing on transformation and long-term well-being. (*Publishers Weekly*)

Coomer, a certified personal trainer and nutrition and wellness consultant, uses both traditional and non-traditional methods for rethinking weight management while nourishing a healthy mind and spirit. The author incorporates personal accounts and an almost 'best friend' approach to consider weight management and behavior change, using gentle mindfulness and self-compassion. The productive ways that are offered to break the cycle of self-destructive thought and behavior give an insightful perspective to the long-standing and familiar battle between constructive reason and desired gratification. At the end of each chapter, a helpful 'toolbox' is presented; this offers useful suggestions and step-by-step ways to focus on a change of mind rather than efforts to change the body. This book reads like a friend's life journey, offering relatable challenges with great advice. As opposed to the endless clinical self-help books on the market, the reviewer found this book an absolute pleasure to read. Summing Up: Recommended. Lower-division undergraduates; general readers. (*CHOICE*)

With the just-released book, *Lightness of Body and Mind: A Radical Approach to Weight and Wellness*, personal trainer, nutrition consultant, and author Sarah Hays Coomer has leapt into the center lane and declared: Enough is enough! People are listening — perhaps because she's not shouting. Instead, she's inviting anyone who will listen into a new conversation, which she'll initiate by seizing any opportunity to illustrate how pleasure and health merge in real yet profound ways. With *Lightness*, Coomer has crafted — from years of personal experience and clients' stories, and with a refreshing cocktail of common sense, humor, and irreverent cool — a radical resource for personal wellness.... Coomer's storytelling is imbued with empathy and compassion, no doubt due to her own self-described history of depression and food addiction. She combines a fearless memoir with unpredictable stories of real clients. In many ways, the book is a love song to those men and women and an expression of gratitude for all they've taught her. (*The East Nashvillian*)

Lightness of Body and Mind: A Radical Approach to Weight and Wellness comes from a personal trainer who maintains that real body sculpting and weight management can only come through doing activities that are loved, rather than through rigorous exercises that are followed by deprivation and limitations. The real path to lasting weight loss and wellness lies in identifying personal activities and eating habits that tie into what is desirable and enjoyable, and Coomer's blend of memoir and discussion of this process offers

important keys to better lifestyle choices based not so much on a program as an attitude towards life. Chapters go beyond discussions of theory, providing specific tools readers can use to get a handle on their own unique perceptions and inclinations. This approach crafts a wide-ranging discussion with opportunities to reach all kinds of audiences. (*Donovan's Bookshelf*)

Reading *Lightness of Body and Mind* was revelatory for me. Sarah Hays Coomer will heal many broken spirits and burdened bodies with this book. The approach to healthy living and weight loss is practical, holistic, and accessible to anyone. More like a guide to a life well-lived rather than a diet book, *Lightness of Body and Mind* inspired me to embrace forward motion and endless possibility. (Emily Saliers, Indigo Girls)

From the very first chapter, I started thinking about food differently. As Sarah was splitting herself wide open to reveal raw thoughts about her body and her ability to shape it, I was seeing myself in every word. The concept that we will love ourselves if we just lose 10 pounds, have better abs, or fit into our skinny jeans is flawed. Sarah shows us that the true answer is to treat our bodies with love and nourishment right now so that we can transform into the strongest, healthiest versions of ourselves possible. (Abigail S. Caudle, MD, MS, FACS, breast cancer surgeon)

Having very few issues with food and weight, I still found myself copying passages from *Lightness of Body and Mind* into my notes. It connects on a life level. Sarah's insight is startling, and her approach is gentle but effective. She turns the entire pursuit of wellness upside down to make it not only manageable, but genuinely enjoyable. (Nikki Reed, actor/producer, *Sleepy Hollow*, *Twilight*, *Thirteen*; Ambassador for Thrive Market)

An essential handbook on how to access your best life. Through keen awareness, practical tools, and soul connection, Sarah lifts us all to not only a healthier body but a truly uplifted heart as well. (Melanie Salvatore-August, author, *Kitchen Yoga: Simple Home Practices to Transform Mind Body and Life*; creator, *Fierce Kindness*)

Funny, engaging, and full of important insights and science, *Lightness of Body and Mind* can help people who struggle with body-related negativity learn how to be more kind, positive, and proactive in their approach to well-being and weight. (Michelle Segar, PhD, author of award-winning *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness*)

One of the most powerful, insightful, relatable, and inspiring books I've ever read. *Lightness of Body and Mind* is for anyone who has ever struggled with impulsivity - whether manifest as food addiction, workaholism, depression, perpetual bad relationships, or chronic pain. With ferocious honesty about her own struggles and triumphs and those of her clients, Sarah Hays Coomer teaches us how to summon our own tour-de-force to initiate and maintain change. (Tracy Jackson, MD, FIPP, Vanderbilt University, Director of Multidisciplinary Pain Medicine Fellowship, Director of Resident Education in Chronic Pain)

Listening is one of my greatest challenges and passions. Coomer's *Lightness of Body and Mind* prizes listening to my own body and intuition, rather than unattainable cultural standards of beauty or proscribed, rigid diets. Her method feels right on time, true to myself, and a huge relief. (Ann Imig, Founder of ListenToYourMotherShow.com, Editor LISTEN TO YOUR MOTHER: What She Said Then, What We're Saying Now)

Lightness of Body and Mind is a breeze. Shot through with anecdotes and pop-culture references to keep the mood buoyant, it tackles big, thorny issues like food addiction and body image and sheds fresh, new light on how to manifest change. (Andrew Leahey, journalist and musician)

Finally someone is speaking my language! Health and weight loss shouldn't feel like punishment. Sarah helps us see how destructive guilt is, and that if we want to lighten up physically we have to do it mentally too (Katie Cook, CMT Host)

About the Author

Sarah Hays Coomer is a self-proclaimed “diet abolitionist.” She is a Certified Personal Trainer with the National Strength and Conditioning Association; a member of the American College of Sports Medicine; and a certified Nutrition and Wellness Consultant and Pre/Postnatal Fitness Specialist with the American Fitness Professionals Association. She is a contributor to the *Nashville Scene* and writes a column for *The East Nashvillian* called “Simple Pleasures.” She kind of likes to exercise, kind of not. You can find her at www.strengthoutsidein.com, on Twitter @strengthoutside, or Instagram @strengthoutsidein.

Users Review

From reader reviews:

Samuel Salamanca:

People live in this new day time of lifestyle always attempt to and must have the time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, the particular book you have read will be *Lightness of Body and Mind: A Radical Approach to Weight and Wellness*.

Clinton Whitten:

Lightness of Body and Mind: A Radical Approach to Weight and Wellness can be one of your starter books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into joy arrangement in writing *Lightness of Body and Mind: A Radical Approach to Weight and Wellness* nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into completely new stage of crucial contemplating.

Mildred Bostwick:

Reading a book to become new life style in this yr; every people loves to learn a book. When you examine a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your study, you can read education books, but if you want to entertain yourself look for a fiction books, this kind of us novel, comics, in addition to soon. The *Lightness of Body and Mind: A Radical Approach to Weight and Wellness* provide you with a new experience in reading through a book.

Chrissy Stallings:

As a college student exactly feel bored to be able to reading. If their teacher requested them to go to the library or make summary for some publication, they are complained. Just little students that has reading's soul or real their leisure activity. They just do what the teacher want, like asked to go to the library. They go to right now there but nothing reading really. Any students feel that reading through is not important, boring along with can't see colorful photographs on there. Yeah, it is being complicated. Book is very important for you. As we know that on this period, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore , this Lightness of Body and Mind: A Radical Approach to Weight and Wellness can make you sense more interested to read.

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