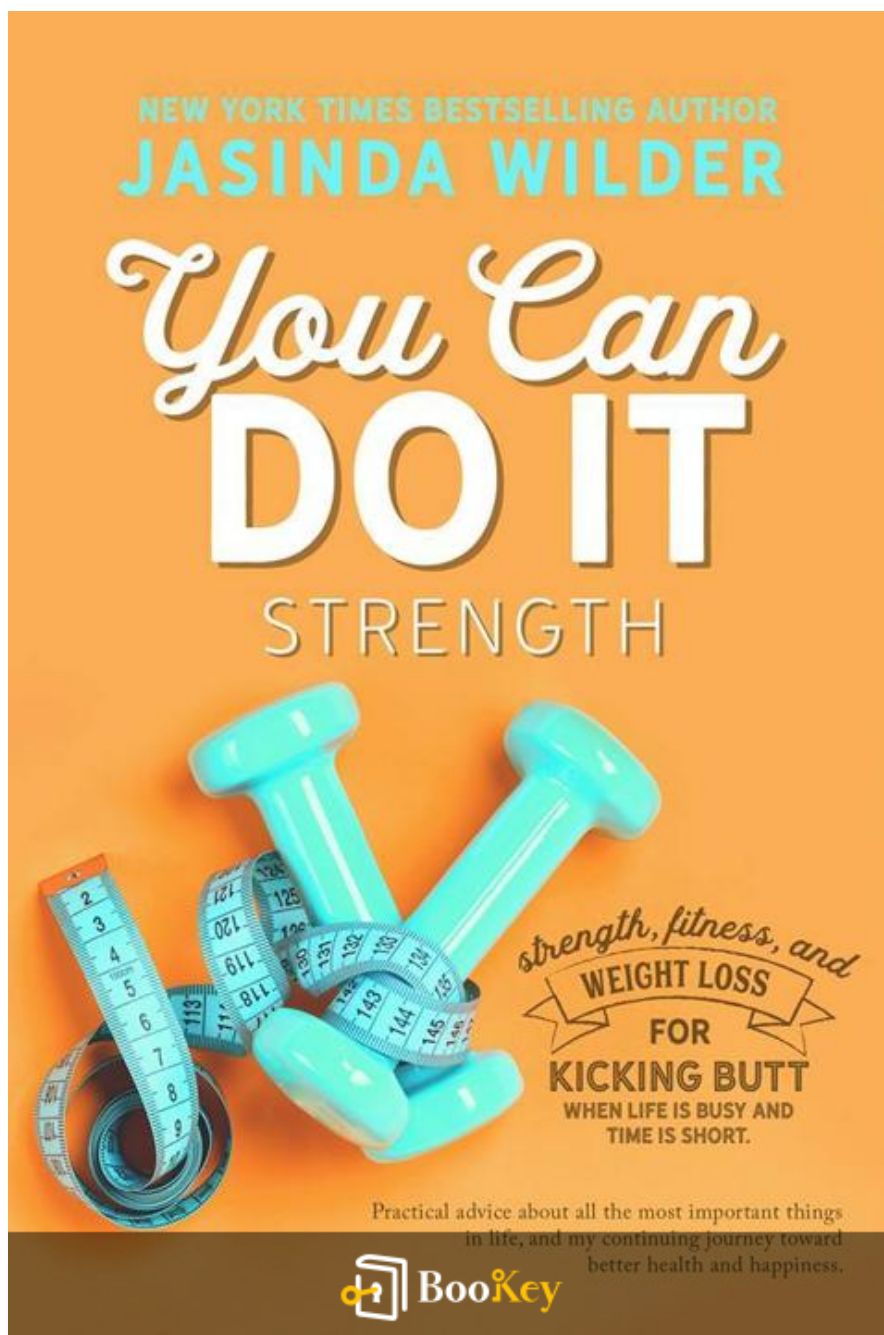


# You Can Do It PDF (Limited Copy)

Jasinda Wilder



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## **You Can Do It Summary**

Transform Your Life Through Strength and Empowering Choices.

Written by New York Central Park Page Turners Books Club

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## About the book

In "YOU CAN DO IT: STRENGTH," bestselling author Jasinda Wilder builds upon the foundations laid in her previous book, "YOU CAN DO IT," offering readers an empowering sequel that aims to transform their fitness journeys. This guide is designed for individuals at every fitness level, from beginners who may feel intimidated by exercises like pushups to those who have long believed that fitness isn't for them.

Wilder introduces readers to the "Wilder Way 2.0," which includes a rich array of new recipes that promote healthy eating, specifically tailored workout routines that cater to various skill levels, and comprehensive meal plans that focus on lasting change. The book emphasizes the importance of strength training—not just for physical transformation but for developing a sustainable, positive lifestyle.

Interwoven with Wilder's personal anecdotes, the narrative becomes relatable and engaging, often infused with humor that makes the content feel accessible. Readers are encouraged to embrace not only exercise but also the joy of movement and the importance of nutritious eating as integral components of their fitness journey.

Ultimately, "YOU CAN DO IT: STRENGTH" serves as both a motivational manual and a practical guide, inviting readers to discover their inner

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strength, shed unwanted pounds, and build muscle, while fostering a lifelong commitment to health and well-being. Step into your journey with Jasinda Wilder, and embrace the transformative power of strength.

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## About the author

Certainly! Here's a smooth and logical summary of the chapters, incorporating background information where appropriate to enhance understanding.

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In these chapters, the woven narrative unfolds with a rich tapestry of characters and events, emphasizing the nuances of love, sacrifice, and personal growth—hallmarks of Jasinda Wilder's writing style.

The story primarily revolves around a few central figures: **Nell**, a resilient young woman who has faced significant loss, and **Colt**, a rugged but charming man whose struggles with his own past set the stage for their intertwined fates. As the plot progresses, Colt's protective instincts come to the forefront when he encounters Nell amidst harrowing circumstances. His initial rough exterior masks a deeply caring heart, which becomes apparent as he navigates his feelings for her, showcasing Wilder's theme of vulnerability beneath tough exteriors.

We are introduced to **secondary characters** who serve as pivotal influences in Nell and Colt's lives. For instance, Nell's supportive friend, **Maddie**, often acts as a sounding board, encouraging her to confront her

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traumas and embrace new opportunities. On the other hand, Colt's brother, **Jax**, reveals complexities in family dynamics and brotherly loyalty that deepen Colt's character while propelling the narrative tension.

As they face external challenges—both personal and societal—their relationship evolves from a tentative alliance to a profound connection. This transformation is marked by poignant moments of vulnerability, in which both characters are forced to confront their fears and desires. The backdrop of the story—a picturesque yet challenging setting—mirrors the internal landscapes of the protagonists, offering a stark contrast between their struggles and the beauty of new beginnings.

Through heartfelt dialogues and emotional encounters, the chapters explore themes central to Wilder's works: the healing power of love, the importance of facing one's past, and the tenacity required to move forward. The author effectively weaves personal histories into the narrative, enriching the reader's understanding of motivations and emotional stakes.

In conclusion, these chapters serve as a testament to Jasinda Wilder's ability to create relatable characters who embark on journeys of love and self-discovery. The intertwined lives of Nell and Colt resonate with readers, as they strive to find solace and courage in each other, ultimately reflecting the complexities of human relationships and the enduring quest for

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connection.

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This summary captures the essence of the chapters while introducing key characters and themes, aligning smoothly with the flow of the original text.

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# Summary Content List

Chapter 1: Running for My Life

Chapter 2: How and Why I Fast

Chapter 3: The Wilder Way 3.0

Chapter 4: A Fasting Experiment

Chapter 5: Fasting From Diets

Chapter 6: Fasting from Alcohol

Chapter 7: Social Media Fasting

Chapter 8: Fasting from Yes

Chapter 9: Fasting from All the Things

Chapter 10: Fasting from Negativity

Chapter 11: Giving Yourself Grace

Chapter 12: Update: Body Dysmorphia

Chapter 13: Self-Care 101

Chapter 14: The Importance of Support

Chapter 15: Part 3: The Life of a Faster

Chapter 16: Common Fasting Intervals

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Chapter 17: Three Fasting Success Stories

Chapter 18: Don't Fast from Sexy Times!

Chapter 19: More of Jasinda's Favorite Things

Chapter 20: Recipes

Chapter 21: Wilder Way Testimonials

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# Chapter 1 Summary: Running for My Life

## Running for My Life

The author opens by candidly sharing her lifelong battle with weight, revealing that she has always weighed over 200 pounds. Tall and robust, standing nearly six feet, she set an initial goal weight of 215 pounds, still categorizing her as overweight. However, her journey centers on health rather than an arbitrary number on a scale. She emphasizes her commitment to improving her overall well-being, illustrating that true health transcends mere weight loss metrics.

## Autophagy and Health

Delving into health research, the author introduces the concept of autophagy, a vital biological process where the body cleanses itself of damaged cells. This knowledge was sparked by her concerns over the health implications of chronic obesity. Intrigued by the potential benefits of fasting for autophagy, she decided to experiment with fasting during Holy Week in 2017. This pivotal decision marked the beginning of her exploration into the healing properties of fasting.

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## **Fasting Experience and Insights**

The author's inaugural fasting experience unveiled a treasure trove of insights into its health benefits, including enhanced sleep quality, increased energy levels, and glowing skin. However, she emphasizes the ongoing challenge of losing stubborn fat that has accumulated over the years, indicating that specialized approaches like fasting may be essential in tackling such issues. Her journey illustrates not just a physical transformation but a deeper understanding of her health.

## **Cautions and Recommendations**

While advocating for the benefits of fasting, the author maintains a cautious stance, acknowledging that fasting is not universally suitable, especially for vulnerable groups like children and pregnant women. Over the past year, she has observed significant improvements in her health, enhanced mental clarity, and overall functioning as a result of incorporating fasting into her life. This newfound clarity extends her fasting principles beyond dietary habits to various aspects of her existence.

## **Incorporating Fasting into Lifestyle**

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In the chapters ahead, the author pledges to share practical insights on integrating fasting as a key component of a healthy lifestyle that supports sustainable weight loss. Her emphasis remains on the importance of feeling good and leading a fulfilling life, demonstrating that true wellness involves holistic growth rather than simply the pursuit of physical appearance. Through this lens, she sets the stage for a transformative journey that encompasses body, mind, and spirit.

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## Chapter 2 Summary: How and Why I Fast

### How and Why I Fast

In this chapter, the author explores the concept of fasting as a personalized approach to health and wellness, integrating it seamlessly into the daily lives of families. As a mother, she puts significant emphasis on the importance of family mealtime while adopting a 24-hour fasting routine that revolves around dinner with her children. This structure allows her to maintain family connections while reaping the benefits of fasting.

The author introduces the idea of extended fasting, which entails durations longer than 24 hours, cautioning that before embarking on such practices, one should seek medical advice if fasting exceeds five days. Listening to one's body and monitoring health metrics is crucial for safety and effectiveness.

Central to her fasting philosophy is the practice of "clean fasting," which involves consuming only water and salt to trigger autophagy—a process where the body cleans out damaged cells and regenerates new ones. She shares her personal motivations for fasting, such as skin tightening following weight loss, and recounts her own experiences. Notably, she highlights how her husband, initially skeptical, found success with fasting as he navigated

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its challenges.

The author contrasts fasting with contemporary eating habits, pointing out society's tendency towards constant food availability, which often leads to health issues. She advocates for a "Primal" lifestyle, suggesting that fasting aligns more naturally with human biology and promotes longevity. By tuning into bodily signals and adopting a flexible approach to eating, she encourages readers to move away from the constraints of traditional dieting systems like Weight Watchers.

Her insights reveal essential components for successful fat loss: consuming fats and carbohydrates separately, maintaining regular physical movement, and practicing intermittent fasting. This shift has transformed her relationship with food, enabling her to eat intuitively rather than following rigid meal plans.

The chapter concludes by enumerating the various benefits of fasting, which include:

- Improved body composition and muscle development
- Enhanced metabolic function
- Better insulin sensitivity
- Reduced inflammation
- Increased brain and heart health

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- Improved skin quality
- Potentially extended lifespan

## **Part 2: Getting Started**

In the following part, the author provides practical guidance for those eager to begin their fasting journey. She emphasizes that achieving success with fasting requires a tailored approach, catering to individual lifestyles and rhythms. The next section will elaborate on how to navigate initial challenges and establish a sustainable fasting routine, making it accessible for everyone—from busy parents to health enthusiasts. By setting realistic goals and encouraging gradual adaptation, she aims to empower readers to embrace fasting as a long-term health strategy.

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# Chapter 3 Summary: The Wilder Way 3.0

## The Wilder Way 3.0: Summary

### Getting Started with Fasting

Embarking on a fasting journey can be daunting, but preparation is key. To ease into fasting, individuals are encouraged to consume high-fat foods before beginning, as these help sustain energy levels. It's advisable to keep upcoming fasting plans to oneself rather than making public announcements, minimizing external pressure. Essential items to carry include water and salt, which assist in managing hunger and maintaining electrolyte balance. A practical approach to initiating fasting is to gradually skip breakfast, ideally guided by the structured **Eight-Week Fasting Challenge**.

### The Eight-Week Fasting Challenge

**Weeks One and Two** focus on acclimating the body. Participants start by consuming fatty meals—referred to as "black plate" meals—comprised of ingredients like eggs, avocado, and bacon, while limiting intake to only water and non-caloric beverages such as coffee or tea during fasting periods. Regular meals, identified as "white plates," should still be enjoyed during

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lunch and dinner.

**Weeks Three and Four** introduce a more significant change. By skipping both breakfast and lunch, individuals adopt the **One Meal a Day (OMAD)** approach, where they can eat freely during dinner. It's crucial to remain aware of one's hunger signals, which encourages a mindful eating experience.

**Weeks Five and Six** invite participants to experiment further with OMAD while incorporating a short eating window. This might also include carb cycling—varying carbohydrate intake based on personal needs—while reminding participants that it's acceptable to revert to black plate meals for nutritional balance.

**Weeks Seven and Eight** present an opportunity to explore different fasting durations, such as 24-, 36-, or even 72-hour fasts. Alternatively, participants may revisit a week focused solely on black plate meals. While it's encouraged to consult a healthcare provider before progressing, historical evidence suggests that fasting can offer various health benefits. Staying attuned to bodily responses, especially during periods of intense hunger, is crucial.

**Post-Challenge Reflections** involve continuous self-assessment and journaling to record experiences and feelings related to fasting. It is

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important to cherish the extra time gained from fasting for personal reflection and to be adaptable with plans, especially while traveling. Understanding that fasting is an evolving process allows individuals to approach their journey with compassion and grace.

## **Conclusion**

Ultimately, balance is key in the fasting experience. Participants are reminded to allow their bodies to heal naturally and to cultivate self-worth and resilience throughout the process. If setbacks arise, the course is not lost—participants can restart their journey with renewed intention.

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## Chapter 4: A Fasting Experiment

In "A Fasting Experiment," the author reflects on her evolution from struggling with the concept of fasting in her youth to embracing it as a valuable practice for spiritual and physical well-being. Initially, her teenage attempts at fasting were fraught with anxiety and fear of starvation, prompting her to overindulge before fasting periods, which only exacerbated her discomfort.

However, as she matured and began to approach fasting with intentionality, she discovered its profound benefits. Fasting became a tool for mental clarity, focus, and deepened prayer life, transforming her perception from one of dread to one of empowerment. She notes a phenomenon she refers to as the "fasting glow and float," where she experiences not only a noticeable lightness in her spirit but also a shift in her appearance that others recognize.

The author strategically incorporates fasting during significant spiritual seasons, particularly leading up to Christmas, enhancing her meditative practices in the process. Despite facing personal challenges during these times, including family illnesses and a tragic event, she found that fasting alleviated stress instead of compounding it, allowing her to engage more fully with her loved ones. During a holiday gathering traditionally centered around food, she shifted her focus from eating to hosting and connecting

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with guests, illustrating a transformative perspective on nourishment and celebration.

The chapter reinforces the idea of balance in life, advocating for the integration of both feasting and fasting as a means of fostering personal growth. Journaling during fasting periods is encouraged, as it serves as a valuable method for capturing insights that contribute to one's wellness journey. The author ends with an empowering message, inviting readers to explore the practice of fasting as a beneficial tool for personal development and spiritual connection.

---

In "Fasting From Diets," the author delves into the complexities of dieting and the often overwhelming noise of conflicting dietary advice. She recounts her own struggles with various diet trends, which promised quick fixes but often led to frustration and guilt when results fell short. This chapter serves as a critical examination of how dieting can become a source of anxiety rather than a pathway to health.

By sharing her journey away from restrictive eating patterns, she emphasizes the importance of cultivating a balanced relationship with food. Rejecting the notion of "good" and "bad" foods, she advocates for listening to one's body and privileging intuitive eating practices over diet culture's rigid

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frameworks. The aim is to foster a mindset where food is viewed as nourishment rather than a battleground of morality.

The author details how her shift away from diets aligned naturally with her fasting practices, as both focus on mindfulness and intentionality regarding

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# Chapter 5 Summary: Fasting From Diets

## Fasting From Diets

### Introduction

In this chapter, the author highlights the overwhelming prevalence of dieting trends and the quick-fix solutions perpetuated by the food industry. The aim is to steer individuals away from traditional diets and encourage a shift toward sustainable lifestyle changes that foster long-term health.

### The Problem with Dieting

Diets are frequently regarded as short-term fixes that often fail to tackle the deeper issues surrounding health and weight management. Instead of prioritizing lasting wellness, these approaches focus mainly on immediate outcomes, leading to a cycle of repeated attempts and disappointments.

### Understanding Nutritional Truths

The chapter delves into common misconceptions about dietary fats, clarifying that sugars and carbohydrates are primarily responsible for weight gain. It illustrates the complex ways our bodies process various types of

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calories, emphasizing that the nutritional value of food is more critical than merely counting calories. The text points out that rising insulin levels due to poor eating habits significantly contribute to weight retention and various health issues, reinforcing the idea that understanding what we eat is vital for overall wellness.

## **The Need for a Lifestyle Change**

To achieve effective weight management, the author argues for embracing a long-term lifestyle change rather than relying on temporary diets. Individuals are urged to commit to developing healthier habits and permanently discard their old, unproductive ways. This process of meaningful change is portrayed as gradual, often requiring multiple attempts before lasting adoption occurs.

## **Resolution and Mindset Shift**

The chapter promotes a constructive and forgiving mindset toward health, asserting that setbacks are a natural part of the journey and should not discourage ongoing efforts. It stresses the importance of making choices that align with personal health goals without the added burden of guilt or shame typically associated with strict dieting.

## **Conclusion**

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The author wraps up by emphasizing that the path to health and wellness is ongoing and should be approached with patience and a focus on gradual, sustainable changes. Readers are encouraged to take small, consistent steps toward a healthier lifestyle, balancing physical health with emotional well-being. This approach reframes the journey from a rigid commitment to diet into a more compassionate and lasting transformation.

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## Chapter 6 Summary: Fasting from Alcohol

### ### Fasting from Alcohol

#### #### Personal Reflection on Alcohol Dependence

In this chapter, the author candidly explores their gradual descent into alcohol dependence, which they attribute to increased stress, particularly with the birth of their fifth child. Initially, drinking was casual, but the demands of parenthood led to a reliance on alcohol as a coping mechanism. Despite past encounters with depression, the author was under the illusion that they could navigate their challenges without seeking external support. This realignment of expectations around alcohol consumption sets the stage for a deeper understanding of addiction.

#### #### Realization During Fasting

The turning point comes during an extended fasting period, where the author confronts the depth of their alcohol dependency. The elimination of alcohol not only reveals the physical discomforts typical of withdrawal but also fosters a newfound clarity about their emotional state. Through this experience, they observe how alcohol had previously clouded their judgment and exacerbated their stress. The fasting period becomes a transformative lens, allowing the author to recognize the negative effects alcohol had on both their body and psyche.

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#### #### Changes in Drinking Habits

Emerging from fasting, the author resolves to reinvent their relationship with alcohol. They embrace moderation, choosing to reserve drinking for special occasions and date nights rather than everyday indulgence. This shift symbolizes a commitment to a healthier lifestyle, reflecting a conscious effort to curtail the addictive patterns that can insidiously develop over time. The author reminds readers of the importance of mindfulness in their choices, advocating for a proactive stance against potential relapse.

#### #### Support for Others Struggling with Addiction

With empathy and understanding, the author reaches out to others facing similar battles with addiction. They emphasize that addiction is a multifaceted issue that can manifest in various forms, suggesting that acknowledging one's struggles is a vital step towards healing. The narrative underscores that personal growth is far more pivotal than achieving a state of perfection. By promoting resilience and continuous improvement, the chapter inspires readers to embrace their journeys, regardless of setbacks.

#### #### Looking Forward


The chapter culminates in a message centered on hope and perseverance. The author asserts that engaging in self-improvement efforts, even when faced with challenges, constitutes true success. This forward-looking perspective encourages readers to remain steadfast in their endeavors toward

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betterment, reinforcing that the path to recovery and wellness is a continuous journey marked by resilience and determination.

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# Chapter 7 Summary: Social Media Fasting

### Summary of Chapters on Social Media Fasting

## Introduction to Social Media Fasting

In this chapter, the author introduces the concept of social media fasting as a vital extension of traditional fasting from food. Drawing from personal experiences, the author reveals how relentless connectivity through social media has fueled anxiety and the allure of escapism—illustrated through a humorous "zombie apocalypse" fantasy that reflects a desire to disengage from reality.

## Personal Insights on Connectivity

The author delves into a complex relationship with technology, identifying as an introvert who thrives in solitude. While social media has alleviated feelings of loneliness, it paradoxically escalates anxiety and stress levels. This duality underscores the tension between the benefits of connectivity and the mental health challenges it can provoke.

## Impact on Family and Society

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The narrative shifts focus to the societal implications of screen time, particularly for children and adolescents. The author expresses concern over rising anxiety and restlessness in younger generations, attributing these issues to excessive engagement with technology. This section emphasizes the broader context of mental health crises fueled by digital overstimulation.

### **Recognizing the Need to Unplug**

In a moment of self-reflection, the author acknowledges deteriorating mental health due to constant social media engagement. This epiphany prompts a commitment to regular digital detoxes, likening the mental benefits of unplugging to the rejuvenation one feels on a beach vacation—allowing for mindfulness and relaxation away from screens.

### **Common Concerns About Unplugging**

Addressing prevalent anxieties about disconnecting, the author reassures readers that personal connections and community networks will provide necessary updates on significant events. The chapter emphasizes prioritizing one's mental well-being over the incessant tug of digital engagement.

### **Benefits of Reducing Social Media Use**

As the author shares their journey toward reduced social media interaction,

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they highlight tangible improvements in mental wellness and peace. Cutting back on technology not only minimizes stress but also creates more time for meaningful family interactions, illustrated through anecdotes of turning off devices during quality moments.

### **Practical Suggestions for Moderation**

To ease the transition into moderation, the author provides practical strategies such as removing unnecessary apps and unsubscribing from junk emails. These steps aim to declutter digital lives and minimize distractions, facilitating a more balanced engagement with technology.

### **Encouragement to Try a Social Media Fast**

Concluding the chapter, the author invites readers to experiment with a social media fast, especially during challenging times. This practice is framed as a path to improved sleep and reduced anxiety. Readers are encouraged to document their experiences, envisioning a reclaiming of time and energy that can lead to more fulfilling lives beyond the digital realm.

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## Chapter 8: Fasting from Yes

In "Fasting from Yes: A Beautiful Season of 'No's'," the author navigates the intricate balance of motherhood, writing, and farm management.

Acknowledging the complexities of these roles, she emphasizes that the power of saying “no” is essential for reclaiming time and joy, ultimately highlighting the freedom that can emerge from prioritizing personal commitments.

The chapter delves into the importance of discerning which commitments to embrace, illustrating this through the author's decision to opt-out of playdates, birthday parties, and other social events. This strategic choice not only fosters more quality family time but also aligns with her personal values, reinforcing her growth. Through her own journey of cutting back on travel, she discovers that saying “no” can lead to unexpected joys, illuminating a path to a less cluttered life.

Wilder also addresses the societal pressures women face, especially mothers, to meet unrealistic expectations. She advocates for intentional living, encouraging readers to seek solitude and reflect on their well-being. By prioritizing quality over quantity in their lives, mothers can honor their needs and cultivate a sense of joy amidst chaos.

Moreover, the author invites readers to engage in personal reflection by

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evaluating their commitments. She suggests creating a list of demands and encourages the act of crossing out those that are unnecessary, overcoming feelings of guilt that often accompany such choices. By adopting a more selective approach, she asserts that individuals can experience a deeper satisfaction and happiness.

To conclude, Wilder presents two contrasting top ten lists: one of commitments to reject—such as superficial trends and self-criticism—and another of pursuits to embrace, including enjoyable activities and high-quality products. This playful yet insightful encouragement encourages readers to assess their choices, ultimately guiding them towards a more fulfilling and intentional lifestyle.

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## Chapter 9 Summary: Fasting from All the Things

In the chapter titled "**Fasting from All the Things**," the author explores the theme of simplifying life by decluttering both physical possessions and mental space.

### **Simplify and Organize**

The chapter opens with the author's personal journey toward greater health and vitality after years of struggling with chronic fatigue. This renewed energy ignites a desire for productivity, organization, and physical activity, revealing how overcoming health challenges can lead to motivation and empowerment.

### **Accumulation of Belongings**

The author reflects on the staggering number of items in the average American household, approximately 300,000, and shares her lifelong battle with clothing difficulties. Growing up with limited options, she often found herself overwhelmed by an excess of clothing that she rarely wore. Her struggles highlight how possessions can accumulate, leading to cluttered spaces that weigh us down both physically and mentally.

### **Letting Go of Excess**

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Encouraging readers to embrace minimalism, the author emphasizes the importance of identifying belongings that genuinely matter and making them easily accessible. She challenges the notion of saving special items for ideal future occasions, asserting that every day holds the potential for celebration and should be honored with the things we cherish.

### **Practical Tips for Decluttering**

To simplify life, the author provides actionable advice on evaluating belongings. She advocates for a process of inspecting clothing and other items to discern what is truly loved and used. This chapter introduces the "Tidy Tuesday" practice, a family ritual where they regularly sort through their possessions, promoting a culture of decluttering and valuing what they hold dear.

### **Mindful Consumption**

The narrative transitions into the idea of mindful consumption, where the author discusses how unused items can become mental and emotional burdens. She suggests that if an item hasn't been used in six to twelve months, it is unlikely to be used in the future. Small steps towards decluttering are presented as a pathway to experiencing the liberating effects of a simplified living space.

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## **Fasting from Negativity**

The chapter closes by linking the act of decluttering to a broader goal of fasting from negativity. By shedding excess belongings, individuals can cultivate a more liberated and positive mindset, illustrating the interconnectedness between physical space and mental clarity.

Overall, this chapter encourages readers to assess their relationships with their possessions and embrace a minimalist lifestyle, ultimately leading to an enhanced sense of well-being and joy.

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# Chapter 10 Summary: Fasting from Negativity

## ### Fasting from Negativity: A Journey to Self-Acceptance

In this chapter, the author embarks on an introspective journey deeply rooted in her personal struggles with self-identity and self-worth. She candidly shares her lifelong habit of daydreaming about being someone else, largely driven by feelings of self-loathing, shame, and pervasive negativity. These emotions create a cycle of highs and lows, exemplified by a brief period of confidence during high school when she lost weight, followed by a regression into unhealthy eating patterns while in college. This cyclical behavior highlights the complexities of emotional battles, particularly the tendency to use food as a coping mechanism.

As she navigates her weight-loss journey, the author finds herself constantly comparing her progress to others on social media. This comparison amplifies feelings of inadequacy and distracts from acknowledging her own achievements and positive transformations. This environment of constant comparison fosters a negative mindset, overshadowing the joy of personal growth.

Realizing the detrimental impact of negativity, the author emphasizes a critical shift towards choosing joy, regardless of external circumstances. She

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learns that cultivating positivity is essential for fostering a healthy self-image and improving her perception of worth. Understanding that negativity often clouds these perceptions becomes a pivotal moment in her journey.

To combat the triggers of her negative self-talk, the author has created a "safety net" of healthier comfort foods, allowing her to address emotional challenges without falling back into harmful habits. This proactive approach signifies a commitment to nurturing her well-being.

Moreover, she introduces a practice of daily gratitude and affirmations, which significantly alters her mindset. By maintaining a Blessing Journal, she documents positive experiences and traits, reinforcing her resilience against negativity. This simple act of gratitude fosters an appreciation for life's blessings and helps her maintain focus on the positives around her.

The author notices a marked transformation in her self-image, particularly in her ability to accept compliments—a reflection of her enhanced emotional and mental health. Through journaling, she not only processes her experiences but also nurtures a growing sense of self-love and acceptance.

Recognizing that healing is often best pursued with support, the author advocates for seeking mental health counseling. She stresses that reaching out for help, rather than a sign of weakness, is a monumental step toward

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building emotional strength.

To further guide readers on their own journeys, she offers journaling prompts that encourage reflection on gratitude, body positivity, and personal growth, inviting them to explore their relationships with self-acceptance.

The chapter concludes with a heartfelt reminder of the importance of giving oneself grace during a transformative journey. Emphasizing self-compassion, the author encourages readers to be gentle with themselves as they navigate the complexities of emotional healing and personal growth.

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# Chapter 11 Summary: Giving Yourself Grace

## Giving Yourself Grace

### Introduction to Grace

In this chapter, the author introduces the concept of grace as unmerited kindness, emphasizing its essential role in personal growth and healing. Drawing from her own experiences with body image and shame, she sets the stage for exploring self-compassion.

### The Struggle with Shame

Reflecting on her lifelong struggle with shame tied to her body image, the author recounts how this internal conflict has shaped her perception of self-worth and influenced her relationships. Weighing 430 pounds, she illustrates how societal judgments compounded her feelings of unworthiness, making the journey through life particularly challenging.

### The Power of the Mind

The narrative delves into the mental barriers that impede the acceptance of grace. The author points out that negative self-talk often traps individuals in

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cycles of self-criticism, leaving little space for kindness. This internal dialogue can hinder one's ability to embrace the concept of grace.

## **The Journey of Coaching**

To illustrate the transformative power of grace, the author recounts her experience coaching a client struggling with similar issues. Initially, this client was enveloped in negativity and shame, but through their sessions, she began to recognize her strengths and practice self-kindness. This coaching experience emphasizes how external support can facilitate internal change.

## **A Shift in Perspective**

As the coaching progressed, the client experienced a remarkable shift. She started incorporating positive self-talk into her daily routine and acknowledged her improvements, despite ongoing challenges in her life. This newfound mindset highlighted the significant impact of self-acceptance on her overall well-being.

## **Feeling Worthy Now**

The author asserts that self-care and self-love should not be contingent upon meeting certain conditions. The core message is that everyone deserves grace and kindness in the present moment, irrespective of external factors.

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This notion of intrinsic worthiness is crucial for fostering a positive self-image.

## **Conclusion and Call to Action**

In conclusion, the chapter encourages readers to embrace grace as a pathway to healing and self-acceptance. By choosing to love themselves unconditionally, despite imperfections, individuals can cultivate resilience and growth. The author leaves readers with a powerful affirmation: “You are worthy. You are good enough,” inviting them to embark on their journey of self-compassion.

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## Chapter 12: Update: Body Dysmorphia

In this section, the author revisits her ongoing battle with body dysmorphia, a struggle she previously detailed in another work. She reflects on her persistent feelings of inadequacy, often perceiving herself as "big" and wrestling with concerns about fitting into her clothes and life experiences. This discordance between her current self-image and her idealized vision of health continues to pose a significant challenge for her.

Despite having made some progress, the author admits that fully accepting her body remains a daunting task. She frequently feels like a stranger when looking in the mirror, haunted by an idealized version of herself that complicates her journey toward self-acceptance. This mental struggle feels slow and arduous, revealing the importance of patience and compassion in this process.

Drawing a parallel to individuals who have undergone significant physical transformations, the author emphasizes that the mental adjustment to these changes is equally important. She reassures her readers that it is completely normal for this journey to take time, and understanding one's body requires a gentle approach.

The support of family and friends plays a vital role in her journey. Notably, her friends Jack and Karri are highlighted as essential allies. Jack encourages

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her to confront her limitations, inspiring her to push beyond her comfort zone, while Karri helps her navigate the emotional complexities of fluctuating clothing sizes. Despite her struggles with accepting her current dimensions, the author is gradually learning to embrace new possibilities.

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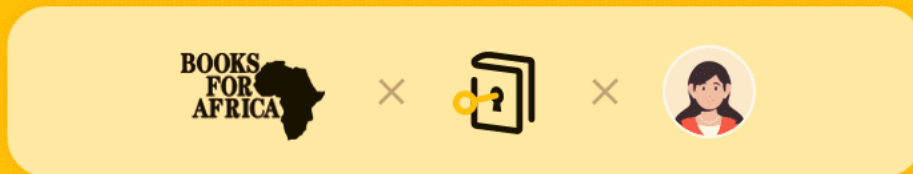




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# Chapter 13 Summary: Self-Care 101

## Self-Care 101

In this chapter, the author reflects on their often-ignored need for self-care, particularly while managing a busy household with multiple children. Traditionally, self-care was conflated with superficial rewards like food and material possessions. However, these approaches failed to address the deeper emotional needs and complexities of motherhood.

## Reevaluating Self-Care

When fasting eliminated the option of food rewards, the author began to rethink self-care entirely. This reevaluation highlighted the importance of personal time, physical activities such as running and workouts, and mental practices like journaling and meditation. Identifying as an Enneagram type four, a personality type characterized by a deep emotional landscape and a need for introspection, emphasized the necessity of solitude and silence in the author's self-care routine.

## Overcoming Obstacles

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The author candidly discusses the challenges of finding personal time amidst overwhelming responsibilities. Acknowledging the need for self-care becomes paramount, as it directly influences overall well-being, stress management, and healthier interactions with family members. This recognition is crucial for any mother balancing multiple roles.

## **Finding Hobbies**

Engaging in hobbies is presented as a vital aspect of self-care. The author asserts that dedicating time to activities that bring personal joy, despite feelings of guilt or selfishness, allows individuals to thrive rather than merely survive. Such pursuits foster emotional resilience and self-satisfaction.

## **Beneficial Activities**

A variety of self-care activities are examined, including yoga, meditation, and creative hobbies. Although the author initially struggled to commit to these practices, their long-term benefits—such as improved mental clarity and emotional healing—ultimately made them worthwhile.

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## **Mindfulness and Emotional Connection**

The chapter underscores the significance of mindfulness meditation in connecting mental and physical health. The author shares insights about how the habitual tendency to fill emotional voids with food can be redirected toward a holistic approach to well-being, addressing both emotional and physical health aspects.

## **Personal Reflection and Healing**

Encouraging readers to reflect on their past selves, the author advocates for embracing individual journeys and practicing self-love. Techniques like visualization and emotional nurturing are suggested as powerful self-care tools to foster personal growth and healing.

## **Favorite Self-Care Practices**

The author shares a list of cherished self-care activities, which include indulging in hot baths, practicing yoga, journaling, savoring coffee at sunrise, and spending time in nature or with animals. These practices are highlighted as integral to maintaining balance and joy in a demanding life.

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## Encouragement to Prioritize Self-Care

In closing, the author urges readers to identify and engage in loving, kind actions for themselves. This encouragement reinforces the idea that support—both for oneself and from others—is a fundamental aspect of the self-care journey. By prioritizing self-care, individuals can cultivate a healthier and more fulfilling life.

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## Chapter 14 Summary: The Importance of Support

In the chapter titled "**The Importance of Support**," the author underscores the vital role that support from family and friends plays in a person's wellness journey. Women surrounded by understanding relationships often face the challenges of counseling and lifestyle changes with greater ease than those who feel isolated or disheartened by negativity. Through various anecdotes, the author illustrates cases where individuals struggled due to unsupportive environments, highlighting the transformative power of having at least one champion in their corner. The encouragement extends to actively seeking out support through online communities or local groups, emphasizing that sharing one's goals and achievements fosters a sense of belonging, akin to the camaraderie found in traditional support groups.

In the subsequent chapter, "**Facing Negativity and Self-Encouragement**," the author provides strategies for dealing with naysayers. She advocates for techniques like journaling, practicing positive self-talk, and celebrating personal successes to build resilience against criticism. The narrative includes success stories from her coaching practice, illustrating how positive changes in health can lead to shifts in family dynamics over time, reinforcing the impact of self-encouragement.

The discussion transitions in "**The Role of Fasting**," where the author

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offers practical guidance on how to incorporate fasting into one's lifestyle while navigating potential skepticism from others. She advises against disclosing fasting plans to those who might not understand, urging readers to remain focused on their personal experiences and the results of their efforts. The author recounts her own journey with fasting, sharing the various trials she encountered and the mental clarity she experienced during fasting periods. She emphasizes the importance of adjusting family interactions and daily routines as she embraced this lifestyle change.

Continuing on this theme in "**Personal Growth and Fasting Reflections,**" the author reflects on the different fasting methods she explored. She stresses the need to listen to her body and maintain flexibility in her eating habits. This chapter highlights the dual benefits of fasting—not only for physical health but also for mental clarity and spiritual growth, as she connects her fasting experience to her faith.

Finally, in "**Continued Journey and Community Involvement,**" the author wraps up her reflections by discussing the ongoing evolution of health practices and the importance of community contribution. She posits that wellness is about achieving balance and adapting to individual circumstances, encouraging readers to find joy in their health journeys. The overarching message is clear: a successful wellness journey is fostered through support, personal growth, self-compassion, and a willingness to adapt to the changing landscape of health.

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## Chapter 15 Summary: Part 3: The Life of a FASTER

In Chapter 15 of "You Can Do It" by Jasinda Wilder, the author delves into her personal journey with fasting, revealing its transformative impact on her health and mindset. Wilder emphasizes the significance of honesty and openness in sharing her experiences, encouraging readers to understand fasting as a flexible and beneficial tool in their wellness odyssey.

Wilder's initial introduction to fasting began in April 2017, where, prior to this, she had only practiced intermittent fasting by skipping breakfast and delaying lunch. She found warm liquids such as coffee and tea essential for her fasting, along with carbonation and salt to combat feelings of weakness. Motivated by health concerns, particularly skin issues, she aimed to undertake longer fasting periods for spiritual and physical benefits.

Determined to explore these longer fasts, Wilder embarked on a 3-5 day water fast, initiating her journey in the evening for an easier start the following morning. The early days proved to be particularly challenging, especially during family dinner times. Nonetheless, she remained resolute, fixating on the potential health benefits that fasting could offer.

The details of her fasting days unfolded as follows:

- **Day 1:** She encountered temptations but managed with warm drinks and felt surprisingly well despite the challenges during family meals.

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- **Day 2:** Wilder grew stronger but battled caffeine withdrawal while continuing to navigate family dynamics during mealtimes.
- **Day 3:** She experienced a mental breakthrough, noting physical changes like lighter feelings and skin tightening, successfully resisting cravings.
- **Day 4:** Hunger subsided, and her energy levels surged, allowing her to engage in light workouts.
- **Day 5:** Wilder felt euphoric and empowered, carefully breaking her fast to avoid digestive distress.

Reflecting on her fasting experience, Wilder learned about her body's responsiveness and how fasting facilitated the loss of stubborn fat, while also providing clarity and energy. She integrated prayer and meditation into her routine, highlighting fasting's mental and spiritual benefits as enhancing productivity and focus.

As she continued her fasting journey, Wilder adjusted her approach based on her circumstances, alternating between intermittent fasting, extended fasts, and flexible eating patterns. Through this journey, she reported significant health improvements, including stabilized blood sugar levels and increased muscle definition. Wilder's narrative promotes a holistic view of health, acknowledging the importance of seasonal eating, wellness routines, and a compassionate, flexible approach to diet.

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In conclusion, Wilder advocates for embracing fasting as part of a balanced lifestyle. She emphasizes the joy of living, eating, and maintaining health, and encourages self-awareness and gratitude as critical components for personal growth and lasting wellness. Through her story, she illustrates that fasting can be a powerful ally in one's journey towards improved health and well-being.

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# Chapter 16: Common Fasting Intervals

## ### Common Fasting Intervals

Fasting can be a deeply personal journey, tailored to individual lifestyles and preferences. Before embarking on any fasting regimen, especially prolonged ones, it's essential to consult with a healthcare professional, particularly if you have underlying health conditions or are on medication. The following outlines several common fasting intervals, offering flexibility to suit various needs.

### **12-Hour Daily Fast**

The simplest and most traditional form, the 12-hour fast involves ceasing food intake at 8 p.m. and resuming at 8 a.m. This allows the body to rest and aids in regulating insulin levels, promoting metabolic health.

### **16-Hour Daily Fast**

Often referred to as the LEANGAINS method, this fast extends to a 16-hour fasting window with an 8-hour eating period. For example, one might stop eating at 8 p.m., skip breakfast, and eat lunch at noon. This method is popular for its balance between fasting benefits and ease of adherence.

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## **20-Hour Daily Fast**

Known as the WARRIOR or SPARTAN DIET, this approach tightens the eating window to just 4 hours. While it can be calorie-restrictive, it's essential for individuals practicing this fast to ensure they consume enough nutrients during their limited eating time.

## **24-Hour Fast**

Structured around fasting from one meal to the same meal the following day, the 24-hour fast is convenient for those who need to take medication or prefer a straightforward approach to fasting. This method can easily be integrated into a weekly routine and helps maintain steady energy levels.

## **Fasting Every Other Day**

This approach involves alternating between eating days and fasting days, such as consuming food on one day and fasting the next. While it can be effective, it may pose challenges, particularly for those who take daily medications.

## **36-Hour Fast**

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With a significant portion of the fast occurring during sleep, a 36-hour fast can feel more manageable. For instance, if one begins at 6 p.m., they would skip meals the following day and break the fast with breakfast the next morning.

## **42-Hour Fast**

This fast often occurs naturally after completing a 36-hour fast, culminating in breaking the fast at lunch on the third day. It allows for a prolonged period of fasting benefits without overextending.

## **Extended Fast**

Extending beyond 48 hours, the author's personal favorite is a three-day fast. However, it requires careful planning and should be approached with caution to ensure safety and efficacy.

## **Important Tips**

While many individuals may regain some weight post-fast, it is typically water weight. It's more beneficial to focus on overall body composition rather than the scale. Monitoring electrolyte levels is crucial, especially during extended fasts, and staying hydrated is essential. Physical activity can be beneficial during fasting periods, and for those needing something to

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sustain them, light foods or drinks such as coffee, tea, or broth can be helpful.

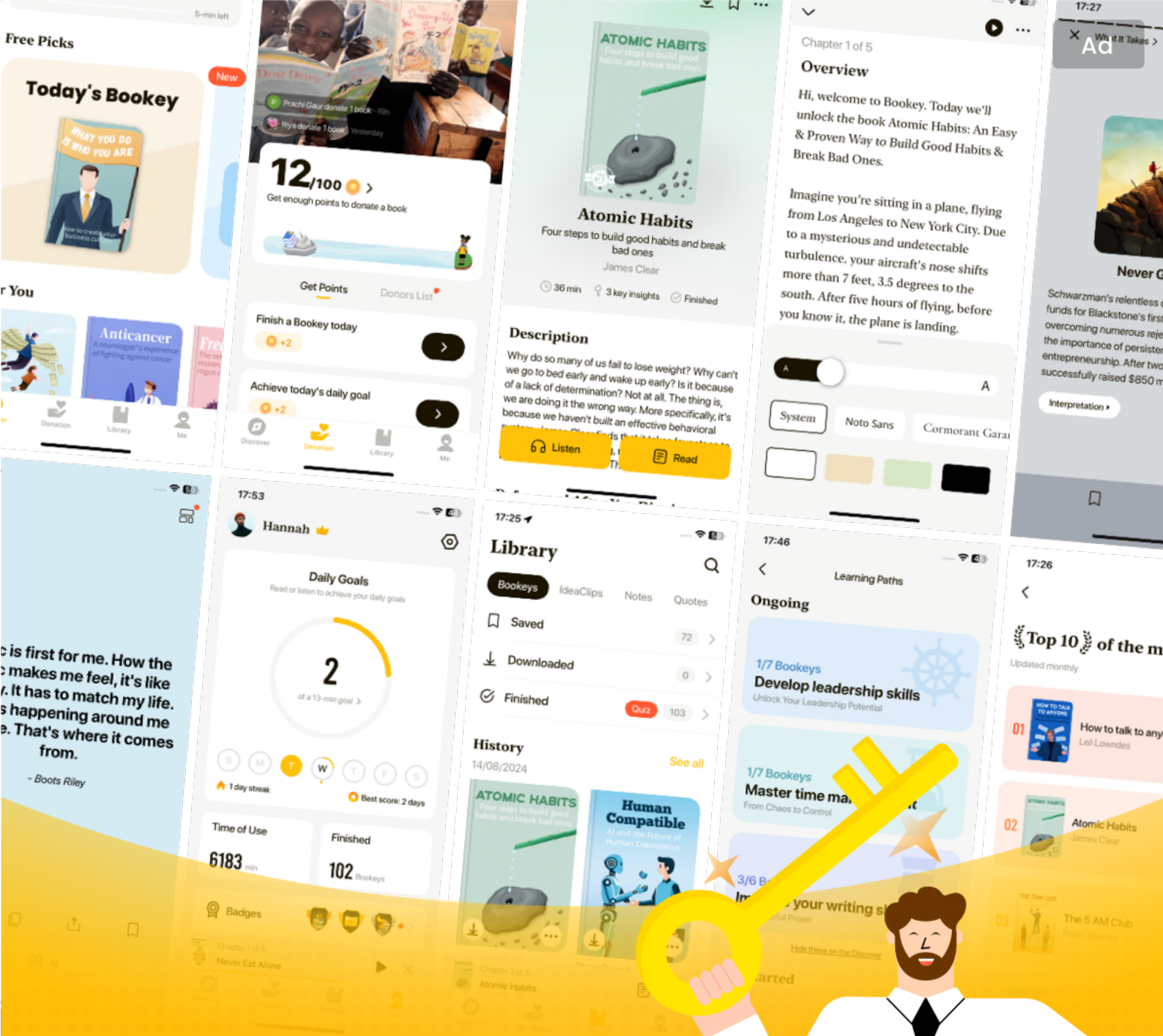
### **Three Fasting Success Stories**

Real-life examples highlight the transformative impact of fasting through personal experiences, illustrating the effective strategies that have worked for others in their fasting journeys. These testimonies serve to inspire and guide those considering fasting as a tool for health and wellness.

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# Chapter 17 Summary: Three Fasting Success Stories

## ### Three Fasting Success Stories

### Introduction to Fasting Stories

In this chapter, the author introduces compelling success stories from friends who have implemented various fasting techniques outlined in her book. These anecdotes showcase the practical application and effectiveness of fasting for weight management and overall well-being.

### First Success Story: Male Friend

The first story features a 40-year-old male friend with a generally healthy lifestyle, but he struggled with excess weight around his midsection. He chose to adopt the 16:8 fasting method, which involves fasting for 16 hours each day and limiting his eating to an 8-hour window. Alongside this fasting schedule, he eliminated sugar and decreased his carbohydrate intake. Within just one month, he noted significant improvements in his waist measurements without making drastic changes to his routine. He found this approach not only effective but also enjoyable and sustainable over time.

### Second Success Story: Female Friend

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Next, the author shares the success of a 25-year-old female friend who faced challenges with weight around her waist, specifically a "muffin top" appearance. She began with the same 16:8 fasting method but occasionally experimented with a more restrictive 5-hour eating window, integrating diverse plate colors to make her meals visually appealing. In just a few weeks, she achieved noticeable weight loss and expressed satisfaction with her eating habits. Furthermore, she experienced enhanced sleep quality and improved focus, illustrating how fasting positively impacted multiple facets of her life.

### **Third Success Story: Older Female Friend**

The final story features a 60-year-old female friend who had successfully lost 40 pounds and was aiming to shed the last 10. To achieve this goal, she incorporated one or two 24-hour fasts each week, having previously explored different intermittent fasting strategies. Her diligent approach allowed her to reach her target weight quickly, all while maintaining an active lifestyle. She found the transition to fasting to be smooth, demonstrating that age is not a barrier to effective weight loss through fasting.

### **Conclusion: Importance of Fasting**

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The chapter concludes with the author emphasizing the significance of maintaining an active lifestyle alongside fasting methods to facilitate and sustain weight loss. The dietary adjustments made by her friends proved to be not only effective but also manageable within their unique lifestyles.

### **Don't Fast from Sexy Times!**

In a light-hearted note, the author reminds readers to preserve intimacy and connection in their lives, even as they embark on dietary transformations. This playful message underscores the importance of holistic well-being and the joy of maintaining relationships alongside personal health journeys.

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# Chapter 18 Summary: Don't Fast from Sexy Times!

## Don't Fast from Sexy Times!

### Introduction to Fasting and Sex

In this enlightening read, the author skillfully intertwines health advice with personal reflections, asserting the vital role of sex in fostering and maintaining healthy relationships. While exploring various types of fasting, he makes a compelling case that sexual intimacy should not be perceived as an obligation to abstain from but rather as an essential pillar of well-being.

### Benefits of Sex

The book delves into the myriad benefits of sexual activity, explaining how it triggers the release of neurochemicals such as oxytocin and dopamine, which are crucial for enhancing mood and cultivating happiness.

Additionally, sex serves as an enjoyable form of exercise, with average caloric burns noted at 100 calories for men and 69 for women per encounter.

The author encourages couples, particularly those who may be hesitant to undertake traditional workouts, to view sexual intimacy as a playful and productive method of staying fit together.

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## **Fasting Evolution**

The narrative transitions into the author's initial skepticism regarding fasting and its historical applications. However, influenced by his wife's insightful research and personal experiences, he begins to explore the profound health benefits associated with fasting. This section chronicles his journey from initial dietary modifications to the eventual incorporation of fasting into his lifestyle.

## **Personal Experiences with Fasting**

Here, the author shares candid anecdotes about his struggles with fasting, illustrating his gradual acceptance of it as a lifestyle choice. He reflects on his evolution from doubt to enthusiasm, detailing how adopting fasting not only transformed his dietary habits but also yielded significant improvements in his overall health.

## **Understanding Visceral Fat**

The book further addresses the topic of visceral fat, a type of fat that poses considerable health risks and is notoriously challenging to shed. The author highlights the effectiveness of fasting as a strategy to reduce visceral fat, emphasizing the necessity of understanding and managing this health concern through informed dietary practices and intermittent fasting.

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## **Adopting a Healthier Lifestyle**

Actionable steps towards a healthier existence are presented in this chapter, where the author discusses pivotal changes such as eliminating junk food, acquiring healthy eating habits, and establishing a consistent fasting routine. He underscores that true health enhancement is a gradual process, ultimately paving the way for improved fitness and overall well-being.

## **Conclusion**

In a reflective conclusion, the author synthesizes the benefits of harmonizing health practices with nurturing relationships. He emphasizes that the journey to better health is both ongoing and rewarding, celebrating the joy and significance of sexual intimacy within a healthy lifestyle. This final note serves as an inspiring call to action for readers to prioritize their well-being as they embrace both healthful practices and their personal connections.

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## Chapter 19 Summary: More of Jasinda's Favorite Things

In "More of Jasinda's Favorite Things," the author shares a curated collection of products and resources that reflect her personal preferences and lifestyle choices. The chapter serves as a guide to various items that are not only enjoyable but are also practical for health-conscious individuals.

Starting with beverages, Jasinda highly recommends **La Croix**, especially the Key Lime flavor for its refreshing taste. Alongside it, **Zevia Root Beer** stands out as a favorite, appealing to those looking for a sugary taste without the calories. For snacks, she highlights **Keto Cookies**, emphasizing the peanut butter variety as a standout option for those following a ketogenic diet.

When it comes to activewear and comfort, Jasinda praises **Zella Pants from Nordstrom**, which are versatile enough for both yoga and casual outings. Additionally, she mentions **Calia by Carrie**, known for motivational tank tops that inspire fitness enthusiasts.

Understanding the importance of self-care, Jasinda notes **The Clue App**, a tool for tracking menstrual cycles that many find helpful. She also recommends brands like **Alaffia** and **Acure** for their commitment to organic and natural body care products, alongside **Hush and Dotti**, which offer organic makeup favorites, particularly their cheek and lip colors.

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For those seeking comfort and relaxation, **Epsom Salt**, specifically the **EPSOAK 3-pack**, is noted for enhancing bath experiences. On a practical note, she mentions **SPANX** as essential for body shaping after weight loss, helping individuals feel more confident in their attire.

Jasinda also includes her favorite items for foodies, such as **Kettle & Fire Bone Broth**, a convenient, tasty alternative to homemade versions. Coffee lovers are not left out, as she praises **Grounds and Hounds Coffee**, which not only delivers great flavor but also supports a charitable cause.

For wine enthusiasts, **DRY FARMS WINE** is highlighted for being keto-friendly and free from blood sugar spikes, making it an appealing choice for a healthier lifestyle. Lastly, she introduces **The Mercari App** and **Evereve Trendsend**; the former facilitates buying and selling clothes while adjusting wardrobe sizes, and the latter offers personalized clothing boxes that fit individual budgets and style preferences.

The chapter concludes with a mention of additional resources and reading for those interested in exploring her recommendations further. Overall, Jasinda's favorites reflect a blend of practicality, health consciousness, and a touch of indulgence, providing a holistic approach to well-being and personal style.

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## Chapter 20: Recipes

In this chapter, we present a delightful collection of recipes aimed at promoting nutritious and enjoyable family meals. The focus is on "black plate" meals—simple yet wholesome dishes that can easily fit into your family's culinary repertoire. This guide encourages you to revisit family favorites while enhancing their healthfulness, making meal preparation both nourishable and enjoyable.

### ### Recipe Highlights

#### 1. Baby Ree's Yummy Gummies

- **Ingredients:** Boiling water, tea bags, gelatin, lemon juice, flavored extract, sweetener, collagen.
- **Instructions:** Steep the tea, mix in the remaining ingredients, pour into molds, and refrigerate. These fun gummies are a playful way to encourage healthier snacking.

#### 2. Egg Cups

- **Ingredients:** Eggs, cheddar cheese, seasoning, spinach, and bacon or sausages.
- **Instructions:** Preheat the oven, prepare muffin tins, mix the

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ingredients, and bake until set. These egg cups make a perfect breakfast or snack option packed with protein.

### 3. **Cherry Shake**

- **Ingredients:** Cottage cheese, cashew milk, heavy cream, cherry extract, strawberries, sweetener, protein powder, and ice.

- **Instructions:** Blend the ingredients and add ice for a refreshing and nutritious treat.

### 4. **Better Than Candy Shake**

- **Ingredients:** Cashew milk, heavy cream, protein powder, peanut butter powder, cocoa powder, sweetener, and ice.

- **Instructions:** Blend until smooth for a rich-flavored shake that sabotages cravings for sugary treats.

### 5. **King Tom's Turkey Pizza**

- **Ingredients:** Ground turkey, parmesan, seasoning, pizza sauce, cheese, and assorted toppings.

- **Instructions:** Preheat the oven, mix the base ingredients, bake, and then add your favorite toppings for a healthier pizza alternative.

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## 6. Perfect Pancakes

- **Ingredients:** Almond flour, sweetener, salt, baking powder, eggs, cream, sparkling water, vanilla, and coconut oil.

- **Instructions:** Mix the ingredients and cook on a griddle to create fluffy pancakes that provide a nutritious breakfast option.

## 7. Wilder Kids Berry & Lemon “Yogurt” Bites

- **Ingredients:** Butter, coconut oil, cream cheese, heavy cream, berries or lemon juice and extract, vanilla, stevia.

- **Instructions:** Melt the ingredients, blend, and freeze for delightful—and healthier—frozen treats.

## 8. Chicken Tenders

- **Ingredients:** Chicken, protein powder, parmesan, seasoning, eggs, butter, and oil.

- **Instructions:** Prepare and fry for a crispy, protein-rich dish that's sure to impress.

## 9. Mom’s Fancy Breakfast Muffins

- **Ingredients:** Almond flour, flax meal, sweetener, baking powder,

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spices, eggs, oil, and cream.

- **Instructions:** Mix the ingredients and bake for a hearty breakfast treat.

## 10. Perfect Protein Bars

- **Ingredients:** Hemp hearts, seeds, nuts, butter, sweeteners, almond butter, and eggs.

- **Instructions:** Combine, bake, and cut into bars for grab-and-go nutrition.

## 11. Cheeseburgers, Meatballs, and More

- Recipes include **Cheesiest Cheeseburgers**, **Stuffed Meatballs**, and **Curry Chicken**, all designed to be satisfying yet healthier versions of traditional favorites.

## 12. Desserts and Snacks

- Highlights include **Vanilla Mug Cake**, **Bagels**, and **Plain Cheesecake with Variations**, each easy to whip up for a sweet finish to meals without the guilt.

## 13. Oatmeal with Variations

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- Cook oats with nut milk and mix in desired flavors for a customizable breakfast staple.

This chapter serves as a treasure trove for families eager to create meals that are both healthy and delectable. By incorporating these recipes into your routine, you can transform everyday cooking into delightful, wholesome experiences enjoyed by all.

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# Chapter 21 Summary: Wilder Way Testimonials

## ### Wilder Way Testimonials

### #### Introduction

In this chapter, authentic testimonials from women who have transformed their lives and health through the Wilder Way program, developed by Jasinda Wilder, highlight the program's significant impact. Each story exemplifies personal triumphs and the supportive environment fostered by this community.

### #### Donna K.'s Journey

Donna K. began her journey in January 2016, gaining newfound confidence and a rejuvenated outlook on life. She has embraced meal planning and an active lifestyle, even overcoming her fears to fly without anxiety. As a proud member of the #WilderWay community, her experience reflects the personal empowerment that the program promotes.

### #### Carol K.'s Story

Carol K. embarked on her journey alongside her family, emphasizing the community's strength. She shares a success story of her friend Heather, who lost 23 pounds while feeling liberated, not restricted by a traditional diet. Carol's narrative underscores the effectiveness of the program and its

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supportive network.

#### #### Monika S.'s Experience

Monika S. initially hesitated to join the Wilder Way Challenge due to her doubts about eliminating sugar and flour. However, she soon discovered life-changing benefits, including increased energy and confidence, and she began participating in public activities, such as running events. The sense of accountability and support from the community played a crucial role in her transformation.

#### #### Lauren M.'s Transformation

Confronted with health challenges like high cholesterol and diabetes, Lauren M. found motivation to change her lifestyle. Through her efforts in the program, she lost 65 pounds, drastically improving her health and energy levels, and is now eager to make joyful memories with her children.

#### #### Terra D.'s Progress

Terra D. achieved remarkable success by losing 30 pounds and has maintained her weight loss for nearly two years. She reports enhanced mental clarity and a positive shift in her family's well-being. Terra advocates for the Wilder Way community, highlighting its long-term impact on her life.

#### #### Angela D.'s Story

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Angela D. faced struggles with weight, exacerbated by personal loss and depression. Using the Wilder Way program, she cultivated healthier habits for herself and her family. This journey led to significant weight loss and notable improvements in her mental health, reinforcing the program's effectiveness.

#### #### Shawna J.'s Journey

Shawna J. took control of her lifelong struggles with weight by following Jasinda's guidance. Her initial motivation was to lose weight to donate a kidney to her father, but she ultimately embraced a healthier lifestyle, culminating in her participation in a 5K run.

#### #### Maria S.'s Reflection

Maria S. emphasizes that her success is more about how she feels than just the numbers on a scale. She has gained confidence and improved overall health, crediting Jasinda for influencing her journey toward wellness.

#### #### Christina S.'s Success

With a transformative weight loss of 100 pounds, Christina S. reclaimed her health and noticed significant reductions in chronic pain, along with an overall improvement in well-being. She encourages others to embark on their health transformation journeys, inspired by her own success.

#### #### Melissa R.'s Improvement

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Motivated by chronic health issues, Melissa R. began her journey and successfully lost over 80 pounds. She has experienced improvements in energy, sleep quality, and even hair growth. She attributes her transformation to the powerful tools provided by Jasinda.

#### #### Anne A.'s Transformation

Anne A. tackled health challenges linked to thyroid issues, losing 45 pounds and several clothing sizes as she experienced improved health markers. She credits the Wilder Way program for its unwavering support and her personal growth throughout the process.

#### #### Conclusion

These testimonials vividly illustrate the profound impact of the Wilder Way program, celebrating resilience, strength, and community support in the pursuit of health and happiness. Those interested in embarking on a similar journey are encouraged to explore the program and join this empowering network. For additional resources, visit [www.biggirlsdoitrunning.com](http://www.biggirlsdoitrunning.com).

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