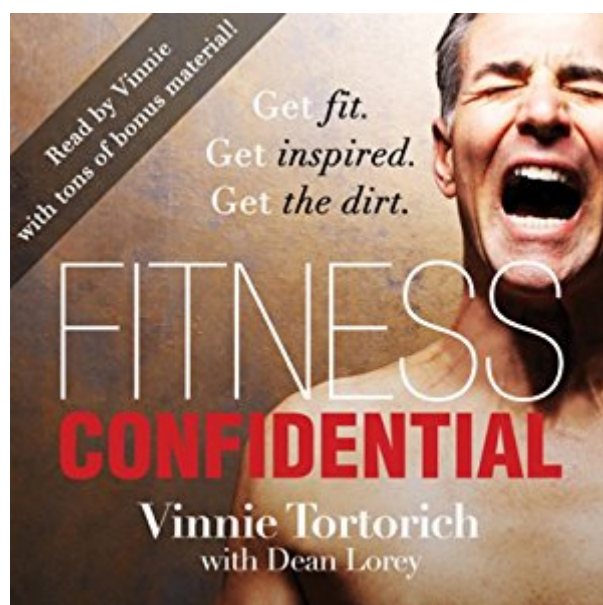


The book was found

Fitness Confidential



Synopsis

Audie Award Finalist, Personal Development, 2014 America's Angriest Trainer, Vinnie Tortorich, exposes the nasty underbelly of the fitness industry while getting you into the best shape of your life. For over 20 years, Vinnie has been Hollywood's go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious and often R-rated memoir, he holds nothing back. What's the best piece of fitness equipment money can buy? What's the fastest way to lose weight: diet or exercise? Why are health clubs worse than used car lots? In *Fitness Confidential*, Vinnie tells all. So get ready to get fit, get inspired and get the dirt with Hollywood's most outrageous personal trainer!

Book Information

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in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

How do I possibly review a book like this? It has to stand out in a sea of "diet" books and "fitness" books. I believe it does just that. In fact, the advice on what to do is simple, and Vinnie will tell you what it is for free on his podcast three times a week. There's no secret knowledge, no product to pimp, no "revolutionary system." Heck, the whole idea has been reduced to a twitter hashtag #NSNG. So why bother with the book? I recommend the book for the same reasons I recommend the podcast that preceded it: personality, trust, and story. I do indeed get new information about details of the NSNG lifestyle in each podcast, but I tune in for the overall conversation. When they finally decide to hang it up, whenever that day comes, I am going to miss a friend, like my favorite TV show went off the air. I trust Vinnie's simple advice because I've gotten to know him as well as I can know a person that I, honestly, don't really personally know. This book is a profile in a personality, who on first glance may look like he "has it made" with a jet-setting lifestyle among the Hollywood

rich and famous. Heck, Vinnie has so much going on, that being on Oprah didn't even make it into the book! And no mention of living with a Bond girl either. Maybe we're saving that for volume two? But beyond the Hollywood shine, the ultra-athletic achievements, Vinnie is a real guy. This is his story. He has had his challenges, some far beyond what many of us can imagine. When you read his story, as he tells it, you know intuitively that this is a no-BS guy whom you can trust. And that's what taking "diet" advice is about for many of us: who are you and why can I trust you?

This book could not have come at a better time for me. After 4 months of working out an hour a day, 4 days a week, I have only lost 2.5 pounds. To say I am frustrated is an understatement. I suspect that my problem is the food I am eating, but I wasn't really sure what I needed to change and how far to take it. So I was hoping that Fitness Confidential would give me some much needed direction, since failure just isn't an option for me anymore. Let me point out that I love to read. My Kindle is my very best friend. However I have never read any self help or fitness books before. So I really had no idea what to expect from Vinnie's book. I have to say I was very pleasantly surprised. As I made my way reading through Fitness Confidential, I found myself laughing. A lot. I am fairly certain that the man next to me on the plane did not appreciate my constant giggling. This book was great because it wasn't just telling me what I needed to do in the typical boring fashion. This was a story. A story about where Vinnie Tortorich started and how he ended up where he is today. It's real and it's funny and because of that it was easy to relate to. I don't want to read a fitness book with a clinical tone that goes down through the steps of why I need to change my eating habits and puts me to sleep. I want a real story that happened to a real person. A story that shows how that diet and fitness routine worked in real life. And that is exactly what this book delivered. Of course he does go into what you should and shouldn't be eating (no I'm not going to tell you, you'll have to read the book). Keep in mind that this isn't a get thin quick scheme or one of those ridiculous fad diets. No, this is so much better than that because it is a lifestyle change. A permanent one.

What I really appreciated about Fitness Confidential was that it was like I was sitting down with Vinnie and he was just telling me his experiences, his wisdom and his advice. It's not boring like a lot of Diet and Fitness books out there. In fact, there is so much more here than just diet and exercise, yet if you are looking for that, you will get some invaluable advice. No sugar; no grains. I was interested to learn how powerful that can affect your body, and consequently, your life, but it makes total sense to me as he explained it. He also provides wonderful advice on exercise and details of what to do to increase stamina and health. I read the entire book in one day as I wanted to

see what happened next. That's a good sign to me. I was familiar with Anthony Bourdain's, Kitchen Confidential, one of my favorite books, so I appreciated finding out all the secrets of the fitness industry from a celebrity trainer. You will learn about clients. You will also learn, without a doubt, how to find the best gym to work out at, and how to navigate the sometimes smarmy waters as they try to hook you into membership. It's fascinating to me how in the end it really all comes together, Vinnie's childhood, the teasing he endured, the obstacles he overcame. I won't spoil it for you by telling you everything that happened, but he has really been through a lot and he did it with great motivation and commitment. In that sense, it is incredibly inspiring and I am motivated to get out there and get things done that I have been putting off, whether it be diet, exercise or just getting my life in the shape I would like it to be.

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