

Boca Raton Man Sheds 131 Pounds in 11 Months - By Shutting Up, Not Giving Up

Jonathan Ressler loses 130+ pounds in a year without diets, shots, surgeries or even the gym. He used the power of small smart choices to Shut Up And Choose

BOCA RATON, FLORIDA, UNITED STATES, May 20, 2024 /EINPresswire.com/ -- [Jonathan Ressler](#),

“

Losing weight does not have to be torture chamber, just Shut Up And Choose!”

Jonathan Ressler

the self-proclaimed "king of yo-yo dieters," has triumphed in his lifelong battle with weight loss through his groundbreaking book, "[Shut Up And Choose](#)." Having struggled with his weight for years, experiencing the highs and lows of countless diets only to regain the weight, Ressler discovered a life-changing truth: the power of being present and making small, smart choices.

In "Shut Up And Choose," Ressler shares his personal journey of shedding over 130 pounds in less than a year while still enjoying his favorite foods. By breaking away from conventional dieting wisdom, Ressler advocates for a lifestyle where weight loss seamlessly integrates with daily choices and preferences, emphasizing the importance of being present and making better decisions multiple times a day.

Ressler's story resonates with anyone who has ever felt defeated by the diet roller coaster. "Years of failed attempts left me discouraged," he admits. "I craved a sustainable solution, something that fit into my life and was livable long-term, not the other way around." He continues, "This is not another diet book. It's a manifesto for reclaiming control over your weight and every aspect of your life. No more fad diets, no more expensive shots or supplements, or even exercise. It's about empowering yourself to make simple, sustainable choices that align with your life."

Traditional diets and the weight loss industry often promise quick results, drawing people in with the allure of rapid transformation. However, these approaches are frequently built on short-term success but conversely lead to long-term failure. The restrictive nature of fad diets can result in temporary weight loss, but they fail to address the underlying habits and mindset needed for long-term success. As a result, individuals often find themselves regaining the lost weight, perpetuating a cycle of disappointment and frustration.

The book delves into the core principles of motivation, nutrition, exercise (or the lack thereof), and mindset, presenting a refreshingly straightforward guide that eschews complex scientific jargon in favor of practical, actionable advice. Ressler emphasizes the importance of being present and making conscious decisions that support long-term weight management.

In today's world, weight loss is often marketed as a quick fix. Miracle shots and fad diets promise results without addressing the root cause of unhealthy habits. "Shut Up And Choose" offers a different approach, empowering individuals to make lasting changes.

"Jonathan's book is not for the thin-skinned, but it is perfectly written for people who need a reality check about their obesity," says Dr. Debbie Rosen, a behavioral psychologist and wellness provider specializing in nutrition, holistic wellness, and obesity. "He doesn't sugar coat anything and he certainly doesn't let you feel sorry for yourself or make excuses for being overweight. He punches you in the gut with the deep reason why and holds a mirror up so you can take control and lose weight. His approaches are simple but effective and backed by science, even though he doesn't talk about the behavioral and psychological theories that support his methods, they are there."

"Shut Up And Choose" is poised to make people reevaluate their approach to weight loss, offering a liberating alternative to the exhausting cycle of dieting. It's a rallying cry for individuals ready to take charge of their health and say goodbye to restrictive diets once and for all.

Ressler is passionate about helping others find success. His book, "Shut Up And Choose," dives deep into his framework for mindful decision-making and practical strategies for daily implementation. The book is now available on Amazon. Additionally, Ressler hosts the "Shut Up And Choose" [podcast](#), available on all major platforms, featuring interviews with experts, inspiring stories of transformation, and practical tips for staying present and making mindful choices amidst life's challenges.

Jonathan Ressler's story proves that transformation doesn't require drastic measures. It's about showing up, being present in one's choices, and making mindful decisions, one step at a time.



I went from a size 54 pants to a size 40 just by making small, smart choices! Anyone can do this when you harness the power of showing up and being present. It is really easy and joyful to just Shut Up And Choose. **YOU CAN DO THIS!**

Jonathan Ressler

Jonathan Ressler Boca Raton

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