



## Stop the Insanity

*Susan Powter*

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## Stop the Insanity Susan Powter

Take control of your life and stop the insanity!

You've seen Susan Powter on the "Home Show" and on her "Stop the Insanity" infomercial, explaining health and wellness to millions of viewers. Taken from the "insanity" she experienced with the diet and fitness industries, Susan's step-by-step motivational book, now read by Susan herself on audio tape, will empower women everywhere to take control of their lives.

In "Stop the Insanity!," Susan tells you how you can get lean, strong, and healthy without starvation and deprivation. Her practical, proven program designed for women of all ages, weights, and fitness levels can change the way you look and feel just like it did for Susan. Funny, poignant and powerful, "Stop the Insanity!" is more than Susan's encouraging success story of how she went from fat to fit-- and stayed there. It is a message of hope for women everywhere.

## Stop the Insanity Details

Date : Published February 1st 1995 by Pocket Books (first published 1992)

ISBN : 9780671522926

Author : Susan Powter

Format : Paperback 400 pages

Genre : Nonfiction, Self Help, Health, Food and Drink, Diets, Sports, Fitness, Food, Cookbooks, Nutrition

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## From Reader Review Stop the Insanity for online ebook

### **Kathleen Nightingale says**

I never got around to reading this book when it first came out. But finally, this year, I was walking into the library and thought Stop the Insanity regarding my weight issues. So I read it. As other people have commented on goodreads she is a whack-a-doodle. So true. This book drives over you with a bulldozer then gets out the back hoe and goes over the same material over and over again. I got the point on the first page that she was depressed, weighted 260 lbs. and the Prince left her. I didn't need these points reiterated to me over and over again through the next 400 pages but they were. Powter makes some good points especially regarding food labels, what manufactures want us to believe regarding food labels and the real fat content in a specific product. She makes the same point that if you do not change your choices regarding food and exercise more than your weight is not going to change. Where I was mentally regarding my weight and dieting issues this was the best book for me to read. Thank you!

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### **Carmen says**

She writes very down to earth (maybe a little too much) but she gets her point across. It really enticed me to do something about my weight and health. This is not really an exercise or diet book, per say, but a sensible look at one's life style.

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### **Farnoosh Brock says**

I read this book when I was a teenager and a few days ago, I went nuts trying to remember the name. Even though I couldn't recall the name or the author right away, I remember the main message of the book and that speaks to a very good book. I remember the pain and depression that Powter felt as an overweight and struggling person who went from one extreme diet to another, starving herself and not having the energy to even get through the day .....

And then she discovered the answer to her health lies in MOVING, moving her body, and she starts with walking and then she builds up to exercising and going to the gym and then she gets deep into weight training and I loved the transformation story.

I bet it's as relevant if you were to read the book today so if you are not happy with your weight or your body, then I highly suggest you pick up this book and read it in 2 days and follow Powter's advice.

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### **etherealfire says**

She's a larger than life character that people probably either love or hate but I found the story compelling and the advices surprisingly down to earth, practical and easily achievable if committed to making the lifestyle change. I haven't and continuously struggle with it but the basics and the inspiration can be found in this book.

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### **Joumana says**

Love the humor and style. I really need to try this method. it makes so much sense.

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### **Justin says**

Certiably bat-fuck insane.

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### **Emerson says**

What can I say: it worked. She told stories that I related to at the time, and eating and moving worked, so I guess she revolutionized my thoughts about dieting. i.e. It's an endless trap that makes money for everyone but you.

Her videos were fantastic for anyone, as in-or-out of shape as well; I'm collecting her new DVDs, hoping they're as good as the old VHS.

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### **Lori Clarke says**

I used to love this book when I was less informed and knowing that this book was written in 90's; I will say that it was more informative than a lot of the junk that was being pumped out on the shelves, then.

Sorry Susan Powter but it is proven, Fat does not make you fat.

I loved her brazen style of writing, though; the info is incorrect and outdated, unfortunately.

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### **Kaitlin says**

This book was an eye-opener! She is *very* honest about the truth and doesn't beat around the bush. This book shows you that the diet industry sets you up for failure. She shows you that you *can* do it, and that it's simple! This book isn't about getting skinny, but about changing your whole life and how you feel. If you want a change, then read this book!

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### **tammy says**

Super motivated. I loved it .

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### **Cathy says**

This actually worked for me! I lost weight, I had more energy and I felt great.

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### **Salsadancer says**

It seemed reasonable at the time but I don't buy into the low fat theory now.

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### **Ericka Clouther says**

Powter advocated 8 glasses of water, organic whole-foods, and lots of cardiovascular and strength-training exercise. None of this is or was especially controversial. The main thing that became controversial was her emphasis on a low-fat diet, especially since the diets that became trendy immediately thereafter were protein and fat-based like Adkins, keto, and paleo. But I think history is going to clear her because we've had a decade of people trying to eat protein and fat without significant improvements to America's waistline. Probably the issue is that we need to eat less of everything except lots more plants. That will necessarily involve less fat even if fat itself isn't necessarily the issue.

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### **Connie Barillas says**

Discarded. She's nuts.

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### **Frangipani says**

Great advice herein, despite all the sensational revelations about its author in subsequent years. Eat low fat, move your body, keep off the junk food!

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