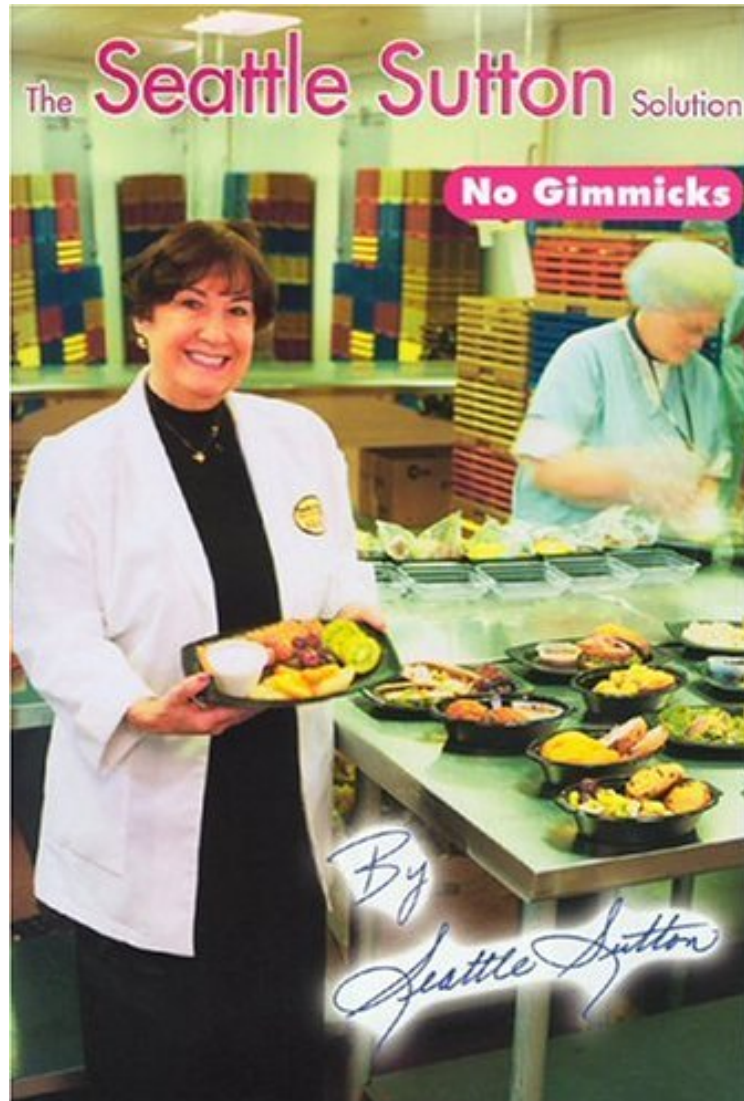


[Library ebook] The Seattle Sutton Solution: No Gimmicks

The Seattle Sutton Solution: No Gimmicks

Seattle Sutton

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Seattle Sutton : The Seattle Sutton Solution: No Gimmicks before purchasing it in order to gage whether or not it would be worth my time, and all praised The Seattle Sutton Solution: No Gimmicks:

9 of 14 people found the following review helpful. The Solution? - plain common sense!By A CustomerSeattle Sutton's book is a simple primer in the way things ought to be done. Her particular calling is "healthy food" but the principles she expounds would work in just about every business, every walk of life and everybody's existence. She is one of the last of those depression years survivors who learned the lessons of conservatism from her upbringing. However cliched those lessons are, there is a ringing honesty in the philosophies she puts forward. And applied to her

brainchild, the "Seattle Sutton's Healthy Eating" program, and the corporation that supports it nationwide, there is no finer, nor more appropriate message in today's morass of diet diatribe. The book, in addition to having some stunning photographs - one is of her husband, Kelly with a foot-long open gash in his stomach - is written in a primitive conversational style. She often dispenses with verbs in sentences but the overall effect is as if she were standing right there talking to you. This may be a book on the birth and evolution of a "diet plan" interwoven with a unique woman's life, but the "diet" part is so basic and natural it seems wierd to have to write a book to explain it. It's probably a sad comment on the state of the civilized world that we have to study a book to learn how to be and act "normal." This doesn't mean this work is superfluous, by any means - exactly the opposite. The more people sign on to Seattle's diet and philosophies, the better this world will be. 10 of 12 people found the following review helpful. just wasn't what I was looking for..By K. SkowI was looking for recipes, menu ideas to follow that are simular to The Seattle Sutton program that my mother is using. Instead this book felt like testimonials to encourage the reader to enroll in her delivery/take home program (more than 100 dollars per week, per person!) Maybe an entertaining read if you enjoy family history/heritage as it does have plenty of family stories, however, from a diet book perspective, I just wasn't impressed. 2 of 4 people found the following review helpful. Couldn't put it down!By Andy C. MooreThis is a great book full of wisdom and insight from someone who has "been through it all". I was gripped by Seattle's life growing up with tough times in North Dakota and becoming a successful bisnesswoman in today's world. There is tons of advise for just about anyone going through any situation. Very insperational!

This is the most helpful and unusual diet book you'll ever read. One hundred years of nutritional science and 72 years of a remarkable woman's extraordinary common sense combine to make available the right way to eat, the right way to lose weight, and an excellent guide to a happier life.

About the AuthorSeattle Sutton, R.N., B.S.N.--registered nurse, turned entrepreneur. She's the President and Founder of Seattle Sutton's Healthy Eating, the revolutionary meal program that has swept the Chicago metropolitan area and captured national attention. Seattle Sutton was born in Gackle, North Dakota and is a graduate of Jamestown College in Jamestown, North Dakota. She settled in Marseilles, Illinois, located about 70 miles southwest of Chicago. Her husband, the town physician, and Seattle, a registered nurse, provided nutritional information to patients who needed to lose weight or address health reasons. Ms. Sutton began designing healthy menus for patients.