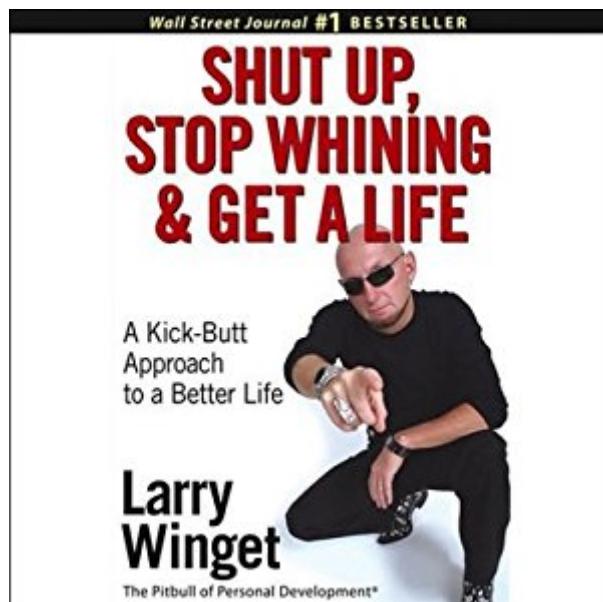


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# Shut Up, Stop Whining, And Get A Life: A Kick-Butt Approach To A Better Life



## **Synopsis**

Shut Up, Stop Whining, and Get a Life is a Wall Street Journal number-one best seller that isn't afraid to tell you it's time to change. From motivational speaker Larry Winget, also known as "The Pit-bull of Personal Development" and "The World's Only Irrational Speaker", comes a not-so-typical self-help book. Winget's hilarious and in-your-face observations about the sometimes ugly truth of life will kick you in the butt and encourage you to change your life for the better.

## **Book Information**

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## **Customer Reviews**

The honest, no "kick-butt"-pulled approach to discussing health in the 8th chapter of this book should be read by those struggling to start a healthy lifestyle. First, a few stats, then what works and what doesn't work about the advice in this book. The Stats: A report last month by the Centers for Disease Control and Prevention showed that less than half of the U.S. population engages in the minimum recommended level of physical activity of 30 minutes of moderate exercise most or all days of the week. Plus, 15.6% are inactive, reporting 10 minutes or less of activity each day. So, the practice now determined to be the most important in keeping good health is actually practiced by less than 1/2 of the U.S. population. We live in a box, drive a box, work in a box and claim we don't have time to escape from our box and move around to preserve good health. Just one of many articles published (New England Journal August 1999) showed that walking one hour only three days per week did more to prevent heart disease than any blood pressure or diabetic or cholesterol drug on the market. Yet, there's still much misinformation out about how to walk, why walk, and for those reasons and more many don't walk. So, first the most effective advice in this chapter (and then

a couple of places where I'd recommend something different):\*\*\*\*"Willpower is totally overated....Here is what works for me: lack of opportunity." Most people make it very easy to find junk food or alcohol with at most a few steps and a reach to a low shelf.

Larry Winget is terrific. He's in-your-face and irreverant (which, to me, comes across as funny). If you're a self-improvement junkie, however, you'll recognize literally everything in this book as originally coming from another source -- everyone from Buddah to Wayne Dyer to Julius Fast. Larry Winget is Tony Robbins with a different physical image and approach, although both are enthusiastic, funny, entertaining, and full of information. As a self-improvement junkie for over forty years, I don't agree with everything Winget says. He's sure he's right and I'm sure he's wrong. My biggest argument concerns the idea that we create every medical issue we have. I've heard this one many times before . . . all from self-improvement gurus who have never really been sick a day in their lives. Yes, I agree that people can create ulcers and migranes and even cancer, but I'd like to ask Mr. Winget and the rest of the "experts" how my husband manifested his bayonet wound from Vietnam, how I created the extra heart nerve bundle I was born with, or how Michael J. Fox (great attitude, careful with his health) caused Parkinson's Disease. Or how the always-upbeat, active, and cautious Luciano Pavarotti created pancreatic cancer. Unlike Winget, I believe some things do Just Happen. It's hard for me to believe my daughter's seat belt magically released during an auto accident, leaving her with a concussion, because she had a bad attitude. Aside from a few personal problems such as the health issue, this book will get you motivated. But once you're motivated, you need to be able to use that motivation or you'll just be enthusiastic for awhile and then fall back into your old routine.

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