



One Simple Change: Surprisingly Easy Ways to Transform Your Life

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Small changes add up!

We all want to look and feel better, and *One Simple Change* shows us how. In this wellness guide, Healthy Green Kitchen blogger Winnie Abramson compiles 50 small changes that readers can easily make to improve their everyday well-being. Abramson—who has a doctorate in naturopathic medicine—throws fad diets out the door in favor of age-old culinary wisdom, green living tips, cutting-edge nutrition information, and 15 simple and easy recipes. Readers can work through the tips week by week or dip in and out of the book at will. Packaged in a handsome paperback, this game-changing guide will be treasured by anyone hoping to look and feel healthier, younger, and happier.

One Simple Change: Surprisingly Easy Ways to Transform Your Life Details

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Author : Winnie Abramson

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From Reader Review One Simple Change: Surprisingly Easy Ways to Transform Your Life for online ebook

Jessica says

Unfortunately, this book is filled with 40-something tidbits that I already know. If you haven't spent the last 2-3 years reading EVERYTHING you can find about healthy living techniques, then this book could be quite helpful for you.

Online Eccentric Librarian says

One Simple Change is a very friendly and easy to digest set of suggestions on how to make your life healthier. As with many health and fitness books, their strength for me really lies on whether the author is making suggestions based on a small experience set or if they have done their homework on the latest research and findings. I was very gratified when reading this to find that there are pages and pages of references from which she draws her conclusions and recommendations. It made me comfortable with her points and less worried that it was another 'fad' motivational book.

The book compiles 50 easy to digest change suggestions, most of them diet/exercise related. She recommends one a week and most of the changes are easy, as described. A lot of it deals with removing yourself from toxic type of products and getting back toward more natural ways of eating. Almost all of the suggestions are drawn directly from the latest research, from eating less wheat products to the value of finding organic raw ingredients for your cooking.

I found that she really made some good points and observations. I liked her tone throughout the book - upbeat but friendly. Best of all, unlike so many diet type books, we aren't directly to websites to buy any of the author's homemade products or systems.

I think this is a really good wake up call for those who want to feel better, look better, and just enjoy life more - get out of the toxic part of the modern environment. For that reason especially, I recommend this book.

Received as an ARC from the publisher.

Tori Miller says

At first, I felt like I was already doing a lot of the suggestions, and I didn't know if I would keep reading this. I am glad I did. I got many great tips out of it. I also loved the format of the book. I liked how it was presented as one idea at a time. The chapters didn't feel too long or too short, but instead seemed to cover the right amount of info on each topic.

Micah says

I believe the intentions here were good, but overall this book fell short. I could have gotten the same information from just about any lifestyle or fitness blog out there. It was also rather unrealistic/overly optimistic for anyone who has a job or family or basically any responsibilities outside of cooking organic food and meditating all day.

Robert Beveridge says

Winnie Abramson, *One Simple Change: Surprisingly Easy Ways to Transform Your Life* (Chronicle, 2013)

I keep picking up books along these lines and being disappointed by them. You'd think by now I would know better, but I still suffer from what seems to be a fundamental illness—believing that it is possible to write a self-help book that doesn't come from the same sources. A sane one, in other words. There's also the problem that I keep listening to the media and the public when it comes to self-help books, and why would anyone who likes self-help books be promoting one that went against the grain like that? But still, I drank the Kool-Aid(TM) with this one (something Winnie Abramson would frown on, obviously) and grabbed a copy of *One Simple Change* from the library after dozens of positive reviews and recommendations. What I discovered was part what I expected and part absolutely terrifying.

Let's get the terrifying part out of the way first, and it depresses me mightily that I am saying the same damn thing twice in the space of three years [<http://www.amazon.com/review/RA20EM3L...>]. This is another book written by someone who quotes Fereydoon Batmanghelidj as an authority on why human beings need to drink more water. I will say it as explicitly as possible: if you are reading a book and you find that its author recommends you read, or listen to, Fereydoon Batmanghelidj, everything else in that book should be suspect, and you should independently confirm anything that author says before following any of that author's advice. Why is this? Because Fereydoon Batmanghelidj was a complete and utter whack job who believed, among other insanities, that the cause of AIDS is human beings not drinking enough water and getting enough sea salt [<http://www.watercures.org/dr-batmangh...>]. The second I see Batmanghelidj's name in a book being quoted as an authority on anything, I dismiss the book immediately. *One Simple Change* has some other problems (I have previously held forth about what I have come to call “the ideological coloring of the unproven” [<http://www.amazon.com/review/RE7GJXUM...>], for example, which Abramson has jumped into with both feet shod in concrete blocks), but they all pale in comparison to that one.

The “what I expected” part—which I should be fair and tell you covers most of what's here—is far less damaging, but if you've read two or three other nutrition-based self-help books before, there's probably nothing in here you haven't seen. You may not have seen it in this combination—I think this is the first time (no more than the second) I have encountered an author who is simultaneously this anti-GMO who is okay with eating meat (though of course it must all be organic, etc. etc.)—but it's still nothing new. Normally, I would give Abramson a break for not including copious footnotes, since she goes out of her way a number of times to say “I don't have research on this, but...”, but unfortunately, her quoting of Batmanghelidj, and worse her inclusion of *Your Body's Many Cries for Water* in the Recommended Reading section at the end of the book (the last chapter of *Your Body's Many Cries for Water* was where Batmanghelidj introduced his idea that water can cure AIDS, as well as postulating the hypothesis, common at the time it was written, that AIDS was god's plague on homosexuals), is a prime example of how going with your gut about things like this can lead you way, way down the wrong road. Pass this one up. * ½

Vicki says

Really simple and straightforward book to get you closer to a healthier lifestyle. She provides suggestions for other books and helpful websites to consult for skincare and cleaning products. She doesn't go into major detail about each topic, which I think is great because it introduces a topic you can look into more yourself. It's a quick read that gives some common sense advice that most people don't follow. Two suggestions I found valuable are live in the moment and the importance of sleeping more. I have strongly been following her recommendations for organic, non GMO, grass fed meat/dairy, and veggies. I definitely recommend this book to anyone who needs reminders for a healthy lifestyle and wants to learn more.

Diah R says

3 stars

This book could be summed up as a condensed, but complete, guides for a healthier lifestyle from all the 'gurus' that you've seen/read. Also an easy read for someone who doesn't want to complicate their life, but wanting to be healthier (read: me). I believe not all advices will resonate with all readers at first, and few things are harder to do. Things such as eating locals and making your home eco-friendly will work if you already halfway to a cleaner environment. Nonetheless, still a good read.

Michele Knierim says

Maybe I should've looked at this more closely before reading, but it was not at all what I expected. First of all, it was not One Simple Change, it was like 30-some different changes, some of them not so simple. It was mostly about eating healthy, organic, raw foods. Got it after the first 3 times, and didn't need it 17 more. Advice from someone who has her own chickens and bees and works from home - not very easy to extrapolate to this dual working family in a city. I believe the Subtitle should have been "Surprisingly easy ways to transform your health", not your life.

Vex says

50 things you should be doing (or not doing), like eating less grains, composting, etc etc, each with a short explanation why. Ok, but nothing new or ground-breaking.

Beth says

This would rate much higher if she didn't reference Mercola. Otherwise very good.

Allison says

I really enjoyed this book a lot. I spotted it on a display shelf of "New Books" at my favorite library. I've read quite a few books and articles along this line before and as a result I was skeptical that the contents

would be "simple" or "easy" or even "transformative".

Well, after reading Winnie Abramson's book, I can say with utmost confidence that the changes recommended in *One Simple Change: Surprisingly Easy Ways to Transform Your Life* are actually simple, easy and would be transformative in practice.

I found her writing style to be easy and laid back. I never felt like she was being self-righteous or demanding that her way was THE way. She explained the hows and whys of the individual changes she suggests and also provides references to the materials she consulted in arriving at her opinions. In addition, in the back of the book there is not only an Index but also a general Selected Biography and there are Selected References divided up by chapters.

In my mind, this kind of notated writing invites the reader to obtain more information in such a way that they can reach decisions about life changes of their own accord rather than just blindly following a personality who either already is a 'guru-esque' figure or seems to want to become one. I came away with a real sense that the author was motivated to share her experiences and opinions to genuinely help others rather than to just promote herself and/or her own product line.

There's another point about this book that I'd like to make that I usually don't comment on: the binding. This edition I read is an over-sized paperback that has a very sturdy cover which is folded in on both the front and back of the book. The folded-in part is about two thirds the width of the cover. This provides a handy and very durable bookmark for the user - particularly if one is actually using it over the period of a year as the author suggests.

All in all, I'd say this book is really great and I rank it high enough to be motivated to purchase a copy for myself (something I rarely do anymore).

Kazen says

"One Simple Change" a week, Abramson says, and you'll be on your way to healthy living. While some of the early tips could be implemented in a week and make complete sense ("Stop Dieting", "Get a Good Night's Sleep", "Move Your Body") they get much harder (go gluten free) as the book goes on. "Cook More", she says, but doesn't give many tips other than to... cook more. Oh, and a recipe for stock. Um, thanks.

It's clear that if you are eating anything other than organic, grass-fed, pastured, BPA-free meat and veg you're doing it wrong. Having these things available is natural, easy, and obvious, if the text is to be believed. But what about us normal people with budgets and non-gourmet supermarkets? That can't ask their neighbor for eggs from their chicken coop, and have no local butcher that fed the cows himself? There are no halfway measures here, it's organic all or nothing.

Many scientific sounding facts and numbers are bandied about but they aren't sourced or footnoted. And then some parts are just plain misleading. The chapter on water says not to worry about getting the full eight glasses a day if it's too much trouble, after all "you can, indeed, drink too much water... seizures, coma, and eventually death can result".

Do you know how hard it is to die from drinking too much water?? You need to drink gallons within hours, or run a marathon and hydrate improperly. And she thinks it's okay to scare readers with this "too much water" talk when they're trying for a mere eight cups? Really?

Passages like the below are also common:

"A deficiency in omega-3s is connected with everything from type-2 diabetes to heart disease and cancer. Not eating enough omega-3s can also lead to... depression."

No footnote, no sourcing, so I can't double check her facts. If someone has diabetes or heart disease I'm willing to bet there's more going on than a simple omega-3 deficiency. And don't even get me started with the depression.

One more thing that really pissed me off (I have so many to choose from, too): Abramson says she's considered cutting out fish completely because of evil mercury and contaminants, but alas, they're a wonderful source of omega-3s, and her local fishermen could use the boost. In a rare case of footnoted information she lists all kinds of fish that the NRDC says have the least mercury - 28 species in total including crab, clams, crayfish, haddock, herring, mackerel, oysters, salmon, shrimp, trout... just about any kind of fish you'd expect most people to eat. Five fish are on the moderate mercury list, and these should be limited to "no more than six servings per month". What American do you know, outside of a tuna fish sandwich or sushi fiend, that eats fish more than six times a month? And then, eats one of those five moderate mercury fish that often? She's doing a disservice by downplaying the awesomeness of fish - we should be eating more of it. (Her favorite fish is salmon, wild from Alaska, flash-frozen next to the pristine waters it was fished from, of course.)

I could rant much more, which is amazing considering I only got 46% through the book. If you have lots of organic, grass-fed food near you and lots of money to burn you might get something out of this, but there's nothing of use for the rest of us real people.

Barbara M says

It's a nice review of simple changes a person can make to improve their overall health. It's a quick easy read. A nice book to read a little bit at a time - a chapter or two a day - for some tips! Each chapter contains tips on a different subject and healthy changes you can make: nutrition, healthy products to use to cleaning your house and clothes, healthy makeup/cosmetics, drinking water, exercising, mindfulness, etc.

The author has a doctorate in naturopathic medicine and is especially interested in holistic nutrition. I read a lot about holistic nutrition myself and found her advice sound and healthy. I only differ with her on the subject of meat eating. She does advocate eating meat which I do not do. However, I respect the fact that not everyone wants to adopt a vegetarian lifestyle as I have and the author does suggest choosing meats and milk products raised without antibiotics. I do still believe it is better for your health to eat vegetarian and plan to continue to eat this way.

The book contained a number of good healthy recipes.

I have heard a lot of the information before...but like most people, sometimes slip from doing the right things. I find it helpful to read a book like this to regain my focus - especially during the holiday season! I suggest reading a chapter a day!

The author has a Healthy Green Kitchen blog. I plan to check it out!

Jenny says

This book is overwhelming to me the way "Simple" magazine is not really simple. I mean, if I even tried to put into action every small change that is enumerated here, my life would be a mess of trying to do them all every day. I would not have time to work, I would not know what to eat, and I would not have enough time with my family, which is the MOST important thing I need to do each day. There's just no way. It's fun to read, but I'd like to hear from someone who actually did all of these and managed to keep it up beyond a week.

Sue says

Most of the ideas weren't new, but I liked her recipes and personal views. Like try things and see how your body responds. No everyone needs a gluten free diet or to be vegan. Some people operate better with meat in their diets, like me.
