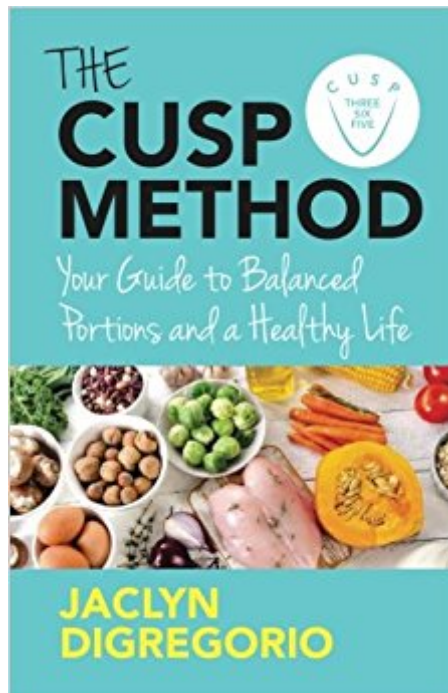




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# The CUSP Method: Your Guide To Balanced Portions & A Healthy Life



## Synopsis

It is finally time to get off that never-ending "diet" and transform your life forever. The CUSP Method is an innovative approach to a healthy lifestyle. It's a simple way to eat healthy, balanced and portioned meals. 80% of American adults are trapped in a cycle of trying to lose or maintain their weight, yet the average American is still 26 pounds overweight. CUSP is your answer to weight loss, higher productivity at work, better quality sleep, fresher skin, higher energy levels, a happier life and so much more. It is not a restrictive diet that results in binge eating, but rather it is a lifestyle that focuses on your body's wants and needs. You can CUSP it anywhere you go no matter what you are eating or drinking. By following the simple acronym (Concentrate, Understand, Supplement, Portion), CUSP reminds us how easy it is to live a balanced life. CUSP is a movement. It's time we join together and stop promoting deprivation diets and quick fixes. Your body deserves more than that. Join the CUSP revolution today for a happier and healthier you. I promise you will never look back.

## Book Information

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## Customer Reviews

"Inspired by a young woman's journey from dietary demons to nutritional enlightenment, this practical guide to sensible portion sizes is heartfelt and entertaining, with real-world examples to highlight salient points."-- Dr. Susan B. Racette, PhD Human Nutrition & Nutritional Biology, Professor at Washington University School of Medicine "An essential book for anyone who wants to get off the diet roller coaster and start fresh in their relationship with food." -- Abbey

Sharp, RD, Abbey's Kitchen Inc. "Jaclyn's approach to better health, through The CUSP Method, is a must read! It is informative with a practical and efficient approach to overall long-term health, while navigating through today's world of eating." -- Valerie Fidan, Food Stylist & Wellness Blogger "Jaclyn provides a smart and simple way to enjoy your favorite foods without overindulging in them." -- Lisa R. Young, PhD, RD, Portion-size Expert and Author of The Portion Teller Plan "The CUSP Method's focus on a balanced lifestyle provides a realistic approach to lifelong and sustainable health and wellness. If you want a more positive relationship with food, this is a must read!" -- Allison Tepper, RD, Certified Intuitive Eating Counselor, Allison Tepper Nutrition Consulting

This book uncovers the fears about gaining weight in college and finds a solution to one of the most stressful things to manage for young adults -- our weight. Before coming to college I scrolled through pictures of girls after their freshmen year of college and saw how much weight they gained, and SWORE I would never let that happen to me. A year later I had 27 more pounds on me. Jaclyn's well-written and carefully thought out book is what I needed back then to make informed decisions when it comes to nourishing my body and feeling great. The best impression I got from Jaclyn's book is the professional medical advice in it from nutritionists and doctors all around the US, specifically Dr. Susan B. Racette. Dr. Racette's insight on how college cafeterias play an important role in college weight gain is very interesting; and the author brings in valuable research like this repeatedly through her literature. I shared this book with my 54-year old dad and we decided to follow the CUSP method! It's been three days and we feel great. Like Jaclyn says, the problem is not knowing how to make the decisions, and this leads to poor eating habits. Glad I bought it -- "you will be too!!"

I am a man so I didn't think that this book was for me. And oh boy I was wrong! I have been following Jaclyn's story since she started her KickStarter campaign this past spring (2017), all the way to her reaching her funding goals, and now reading her book. I'm in my early 20s so I thought that the only way to eat healthy was to eat a salad for every meal, or to go vegan. But what Jaclyn's book taught me most about was how easy it can be to do BOTH ... it's not a question of "either/or." "The Cusp Method" has seen the impact it can have on my lifestyle, even in the first couple of days since reading the book. I liked to think I was a relatively physically fit individual, but I now am sleeping better and feel more energized throughout the day (goodbye Red Bull!). And that is what this book is about, a lifestyle: of living and being healthy through balanced portion meals.

The countless years of experience Jaclyn has encapsulated in her book is also impressive. Dr. Susan Racette, Abbey Sharp, and Allison Tepper are some of the top thought leaders in the field, and how she captured those insights and stories was remarkable. I highly recommend reading this book ASAP (regardless of if you are a man or a woman)!

This book is truly a must-read for everyone! I have been following the CUSP Method for almost 6 months now and I can honestly say it has improved my overall health and life. I have lost almost 10 lbs without cutting out any of my favorite foods (chocolate, pasta, cookies, etc.). Jaclyn's book thoughtfully explains helpful tips and strategies that make you carefully think about your eating habits and ways to improve them. By following Jaclyn's method and making a few small changes in my daily eating habits, I look and feel so much better! In her book, she teaches ways to supplement and portion what you eat without cutting out any of your favorite foods. As a person who loves sweets and sugars, the CUSP method was exactly what I needed to be able to adjust my eating habits for a positive end result of well-balanced and delicious meals. The CUSP method can truly help anyone learn easy tips and habits to implement into their daily lives that will improve their health and happiness! It is not a diet, it's a healthy lifestyle!!! I encourage everyone to read the CUSP method!

I have tried many different approaches to eating healthy and losing weight. Most diets and "healthy" eating programs include so much restriction and depriving your body of key nutrients. This method has shown me how to incorporate normal nutrition into everyday meals in the best way possible. Each letter in the word "CUSP" stands for something important and the phrase would not work if any of the letters was left out. The combination of Concentrating, Understanding, Supplementing, and Portioning truly makes up what eating right is all about. This method doesn't teach you WHAT to eat. It teaches you HOW to eat. If you read this book and try to follow this method for even just a week I guarantee you will feel a change for the better. Your body is the only one you have. Learn how to treat it right and you will not regret the food choices you made when you were younger

Admittedly so, I've been the type of person to start diets or alter my eating habits without ever truly following through on them. However, the CUSP method is intended to be easily understood for the average consumer seeking a lifestyle change and it is wonderfully told through the beautiful writing of Jaclyn. In fact, as the founder of her own startup, she has a proven track record of not only creating healthy success for herself, but also creating success for many of her past and present

clientele. Do yourself a favor and commit to a healthier lifestyle by purchasing this book and checking out her company!

This book focuses on a realistic approach to healthy eating without the restrictions of a typical diet. Diets involving restrictions made me feel like I was depriving myself of the foods I loved, resulting in binge cycles. Jaclyn's approach really helped me understand how psychological influences impact our diet choices. Her rule free CUSP method makes it easier to stay on track by supplementing the foods I love with healthier options. Overall this book is amazing because it isn't like any other diet book but rather a style of healthing living that can be altered to your personal liking.

Jaclyn is a fantastic storyteller who takes her talents to a new level with this informative and motivational book. The CUSP method is easy, fast and effective. Her method of nutrition and fitness is unique because it is made for you and your personal preferences. I can't wait to see what she comes out with next. Everyone should grab a copy of her book today. She is going places!!

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