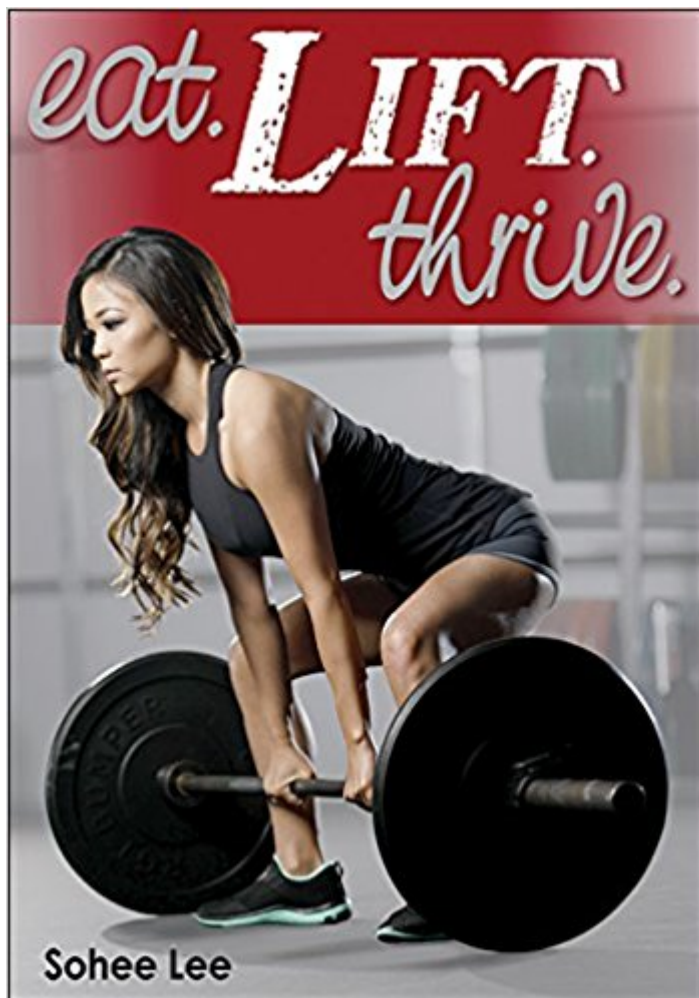




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# Eat. Lift. Thrive.



## Synopsis

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because, as millions of women know, itâ€™s not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because sheâ€™s faced the challenges and overcome them. As a trainer, presenter, and author, sheâ€™s shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book Eat. Lift. Thrive. she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. Youâ€™ll find motivation, exercise, and advice. And youâ€™ll learn how to â€¢ incorporate Leeâ€™s Living Lean Guidelines to make your diet work around your life, rather than the other way around; â€¢ perform her Primary Strength Movements and integrate them into an effective workout program; and â€¢ adjust your routine to maintain the results youâ€™ve achieved. Eat. Lift. Thrive. also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; itâ€™s completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time youâ€™re finished, youâ€™ll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it tooâ€”and enjoy it! CE exam available! For certified professionals, a companion continuing education exam is available which can be completed after reading this book. The Eat. Lift. Thrive. Online CE Exam may be purchased separately or as part of the Eat. Lift. Thrive. With CE Exam package that includes both the book and the exam.

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## Customer Reviews

Sohee Lee, CSCS, CISSN. [View larger](#) [View larger](#) Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs Authoritative advice Remarkable results Full-color images Eat. Lift. Thrive. Establish healthy relationships with food and exercise for long-term results Eat. Learning about protein, carbohydrate, and fat is fine and dandy, but how does all that translate to real life? Lift. By building strength and increasing muscle mass, you improve not only your physical health but also your mental health Thrive. How can you eat and exercise for your health and fitness goals and still have a full, rich life? It all starts in your head

Detailed Instructions and Color Photos Accompany Nutrition Tips, Exercises, And 12-Week Program. [View larger](#) [View larger](#) [View larger](#) [View larger](#) Hinge Pattern Stiff-Legged Deadlift Barbell Hip Thrust Barbell Push Press

Overhaul your Mindset, Eating Habits, and Training Routines More than an exercise guide, the book Eat. Lift. Thrive. acknowledges and addresses the relationship women have with fitness and food. [View larger](#)

"There are a lot of charlatans in the fitness industry who do not live up to their own hype; Sohee Lee is NOT one of them. Sohee's scientific background in biology and psychology allows her to perfect her applied methods, which she has done with hundreds of clients. Sohee is a great resource for anyone wanting to improve their fitness knowledge and get results." Dr. Layne Norton, PhD-- BioLayne LLC "Sohee delivers a scientifically based, practical guide for any woman seeking to improve her physique. Her flexible approach makes this an easy-to-implement program that can be sustained over the long term. Highly recommended reading." • Brad Schoenfeld, PhD, CSCS, FNSCA-- Author of Strong and Sculpted "Sohee Lee hits a grand slam with her first published book, Eat. Lift. Thrive. Not only does she teach you exactly what you need to know about nutrition and mindset to get you on your way to a healthier and fit physique, she also provides a top-notch training protocol that earns my fullest endorsement. And she does so in a way that effectively communicates the science without overwhelming or boring the reader. Buy this book, follow Sohee's advice, and watch your body and mind transform." • Bret Contreras, PhD, CSCS

Sohee Lee, CSCS, CISSN, is a health coach, researcher, and author who specializes in helping

women develop healthy relationships with food and their bodies while reaching their fitness goals. She is pursuing her master's degree in psychology at Arizona State University and earned her bachelor's degree in human biology from Stanford University. Lee is interested in how the field of behavioral psychology can benefit the health and fitness industry. Lee is certified as a strength and conditioning specialist through the National Strength and Conditioning Association (NSCA-CSCS), as a sports nutritionist through the International Society of Sports Nutrition (CISSN), and as a Strong First Girya (SFG) Level I instructor. She has trained clients at elite gyms such as Peak Performance (New York, New York), Cressey Sports Performance (Hudson, Massachusetts), and Tyler English Fitness (Avon, Connecticut) and has established her own fitness center, SoheeFit Systems (Phoenix, Arizona). Having battled anorexia and bulimia, Lee knows firsthand the toll disordered eating can take on a life. She seeks to explore the psychology behind habits and behavior change, particularly as they relate to food and exercise. Her mission is to empower women to practice compassion and grace with themselves in the gym, in the kitchen, and in life. A professional bikini competitor through the International Fitness Professionals Association (IFPA) federation and an amateur powerlifter, Lee lends her inspirational perspective to major fitness outlets, including Oxygen Magazine, LIVESTRONG.com, and Bodybuilding.com. She self-published *The Beginner's Guide to Macros and Reverse Dieting* and is coauthor of *The Beginner's Guide to Bikini Competitions*. She also cohosts Physique Science Radio with Dr. Layne Norton and maintains an active presence on social media.

Let me state up front that I'm obviously a bit biased as I've been training Sohee off and on for the past several years as her strength coach. Nevertheless, I will try to write a fair review of the book. First, I'll discuss the look and feel of the book. Human Kinetics did a wonderful job in designing and formatting the book. This means a lot to me, as it can be a pain to read inferior books. There are ample breaks, colors, usage of bold/italics, graphics, tables, subsections, and quality graphics to keep things interesting and stave off boredom that is typical of poorly designed and formatted texts. Having known Sohee and followed her branding over the years, I believe HK captured her likeness quite well. I love the title, "Eat. Lift. Thrive.," as I know that Sohee practices what she preaches and embodies this mantra. In fact, she has inspired me to develop productive habits and form a better mindset - things I never concerned myself with years ago. Part I (reset your thinking) of E.L.T deals with these topics, and it's a sorely missed facet within the fitness community. Now, I'll address the eating component (Part II). I love moderation. Hardcore fails time and time again over the long run. If the approach is too restrictive, then it's not sustainable, and adherence is critical for

the long run. Sohee's flexible approach is doable day in and day out. The goal is to eventually not have to try so hard to stay fit and healthy, but rather to have it become habitual and automatic. Sohee spells this out clearly and teaches you how to get there. I will now discuss Part III (the training component) and IV (Thrive - the program design component). This is the absolute best training program I have seen. Why? Because it's exactly the way that I train people, down to the T. Sohee has interned and mentored and learned from the creme de la creme in the strength and conditioning community, and she astutely absorbs what is useful and discards what isn't. I recall reading Sohee's early blogposts and nodding in approval of her training recommendations. Since then, her programming has continuously improved, and I believe that I have taught her much in the realms of progressive resistance training, biomechanics, and program design. If any of you have read my book *Strong Curves*, you'll note the similarities in programming. However, my training has evolved since that book was written, and we now incorporate things like the glute circuits mentioned in *E.L.T.*, so this book probably more accurately represents my own training methods more so than *SC's* does. While reading this chapter, I felt like a proud teacher, smiling from ear to ear as I realized that Sohee absorbed everything I've ever taught her like a sponge. I will end this review by mentioning the icing on the cake. Sohee has vast experience as a lifter, personal trainer, habits/diet coach, and scientist/researcher. I don't think that people realize that she's been coaching over 70 clients per week for almost 5 years - this is not an easy feat. She made sure to sprinkle in plenty of case studies and anecdotes to support her methods. In addition, she referenced approximately 150 scientific studies, thereby providing solid evidence to support her methods. It is critical in my opinion that she has an excellent grasp of the literature behind the psychology surrounding habits and mindset, the psychology and physiology surrounding rigid versus flexible dieting, the biomechanics of strength training, and the art & science behind designing good programs. She also makes sure to include "actionable items" throughout the book to focus the reader on the most important aspects. Though this book is tailored toward women, I believe that every male and female, beginner or advanced, would benefit greatly from reading *E.L.T.* - it has my full endorsement.

I got this book with the hope that it would make me feel more comfortable designing my own programs. I've been lifting a little aimlessly for over 6 months now and while I enjoy lifting I never feel like any given program found online is quite right for me but I didn't want to just jump in and start making a program based on my favorite moves for fear that I would inadvertently leave a crucial movement pattern out that would leave me asymmetrical or weird looking or prone to injury. At the same time I felt like this fear was probably a bit ridiculous and a well designed program was

probably not dependent on arcane wisdom I couldn't comprehend. This book delivers fairly well in that regard, additionally I enjoyed reading the author's personal history and client histories. This book really encourages moderation and takes an approach backed by science, which I really appreciate. If you are new to weight lifting and/or have weight struggles I think you may find this book even more useful than I did. At any rate I'm looking forward to designing my own program with more confidence!

A fitness guide based on sound science that's highly readable and contains multitudinous tutorials for various exercises targeting all areas of the body? Yes, please. I can't speak to the whole book yet, as I'm only partway through, but it has impressed me enough thus far that I couldn't wait to leave a review. Skip dinner out this week and put the money toward this book instead.

Sohee does a wonderful job speaking about the psychology involved with nutrition and explores topics that so many women have issues with. Her approach to training and fitness is incredibly moderate yet effective. She presents an attainable and balanced method to make fitness work for your lifestyle without fads or extremes that are impossible to maintain long term. The book includes detailed explanations and photos to help achieve proper form when lifting. Overall, *Eat.Lift.Thrive.* is a really fantastic guide to living a lean yet happy and balanced lifestyle.

It goes without saying that there is a plethora of information with regards to fitness and nutrition out there, and it can be hard to figure out truth from myth, fact from fiction. So many of the books we see published offer contradictory (and sometimes inflammatory) opinions on everything from sugar, dairy, and meat to strength training vs yoga. Of course, one is the enemy, and one is the savior. Sohee's book breaks through that wall with the most logical and sound approach out there! She makes it clear that no food alone is the enemy, and as such, no food alone will be the cure to your woes. What it all comes down to: Habits and Mindset! Eat foods you enjoy, in portions that are manageable, and eat in a way that allows you to sustain and maintain your appearance. She explains this in full in her book, along side research, which is greatly appreciated. She also suggests a focus on sculpting your body via strength training, and she gives you the tools to write your own program. As a woman, I greatly appreciate feeling strong and it is empowering to be able to get in the gym and pick up and put down heavy things, and Sohee gives detailed explanations of each exercise - from how to perform it, and tips to focus on. This would work for a beginner to advanced person. If you've tried everything out there, or are confused about what to do next and really want to

make a long term, sustainable change, I can't recommend this book enough to help you along on that journey. To be clear, this is not a diet book, and it's likely unlike anything you've read before - in the best way possible! Thank you, Sohee, for being a true source of science out there in a fitness world mired with mistruth. I wish I could get this book for all of my friends!

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