

# Delay, Don't Deny PDF

Gin Stephens

The *New York Times* Bestselling Author of *Fast. Feast. Repeat.*

**GIN STEPHENS**



## **DELAY, DON'T DENY®**

*Living an Intermittent Fasting Lifestyle*

Second Edition

Foreword by  Bookey  Dr. David Power, MD

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# About the book

## Overview of Delay, Don't Deny - Second Edition (2016)

Since its launch in 2016, hundreds of thousands of readers globally have embraced intermittent fasting, inspired by Gin's insightful guidance in the first edition of \*Delay, Don't Deny\*. The latest edition not only retains the beloved elements of the original book but also introduces essential updates and fresh success stories from those who've transformed their lives.

### Is Intermittent Fasting Right for You?

Are you worn out from counting calories, removing foods from your diet, or being consumed by thoughts of what to eat? If so, adopting an intermittent fasting lifestyle could be your solution! In this comprehensive guide, you will discover the science behind intermittent fasting and the critical role of maintaining a clean fast. Furthermore, you'll learn to create an intermittent fasting plan tailored specifically to fit your lifestyle.

### The Joy of Indulgence without Sacrifice

What's exciting about intermittent fasting is that it allows you to indulge in your favorite foods without having to eliminate them! The focus is on when you eat rather than what you eat. Are you prepared to reclaim control of your health and step off the exhausting diet merry-go-round? All it takes is a commitment to learn and apply the principle of 'delay, don't deny'!

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# Delay, Don't Deny Summary

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# Who should read this book **Delay, Don't Deny**

"Delay, Don't Deny" by Gin Stephens is a must-read for anyone curious about intermittent fasting, whether you're a novice looking to explore healthier eating patterns or a seasoned dieter seeking a sustainable lifestyle change. The book offers practical strategies and relatable anecdotes that make fasting accessible and engaging for individuals of all backgrounds, particularly those who may have struggled with traditional dieting methods. Additionally, health enthusiasts, busy professionals, and anyone interested in optimizing their well-being will find valuable insights that encourage a thoughtful and balanced approach to food and fasting.

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# Key insights of Delay, Don't Deny in table format

Chapter	Key Ideas
1	Introduction to Intermittent Fasting (IF) and its health benefits.
2	Understanding the concept of fasting and how it works.
3	Different methods of intermittent fasting: 16:8, 18:6, 20:4, and OMAD.
4	The psychological aspects of food and eating: mindfulness and habits.
5	Addressing common misconceptions about fasting and food.
6	Practical tips for starting an intermittent fasting regimen.
7	The importance of listening to your body and finding your own rhythm.
8	Strategies for dealing with social situations and temptations.
9	Incorporating exercise and physical activity into your routine.
10	Long-term success with intermittent fasting and maintaining weight loss.
11	Real-life success stories from individuals who practice intermittent fasting.



Chapter	Key Ideas
12	Conclusion: Empowerment through knowledge and the freedom from dieting.

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# Delay, Don't Deny Summary Chapter List

1. Introduction to Intermittent Fasting and Its Benefits
2. Understanding the Mindset Shift Needed for Success
3. The Science Behind Intermittent Fasting Explained
4. Creating Your Own Flexible Fasting Schedule
5. Practical Tips for Implementing Intermittent Fasting
6. Common Challenges and How to Overcome Them
7. Celebrating Your Progress and Continuing the Journey

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# 1. Introduction to Intermittent Fasting and Its Benefits

Intermittent fasting (IF) has emerged as one of the most discussed health and wellness strategies in recent years, promoted not only for weight loss but also for its broader health benefits. At its core, intermittent fasting is not about counting calories or restricting certain food groups; rather, it is an eating pattern that cycles between periods of eating and fasting. This simple yet powerful approach can lead to profound effects on our health, behavior, and lifestyle.

The benefits of intermittent fasting are extensive and well-documented. Research indicates that it can aid in weight loss by promoting calorie control while enhancing metabolic health. During the fasting periods, the body taps into stored fat for energy, which can lead to a reduction in body weight and fat mass over time. Moreover, intermittent fasting has been associated with improvements in insulin sensitivity, which is crucial for metabolic health and the prevention of diseases such as type 2 diabetes.

Beyond weight loss, intermittent fasting is linked to numerous other health benefits. It can enhance brain health by promoting neuroplasticity and protecting against neurodegenerative diseases through mechanisms that increase the production of brain-derived neurotrophic factor (BDNF). Additionally, some studies suggest that intermittent fasting may aid in

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cellular repair processes and reduce inflammation, potentially lowering the risk of chronic diseases, including heart disease and cancer.

Intermittent fasting is versatile and can be adapted to fit individual lifestyles. Popular methods include the 16/8 method, which entails fasting for 16 hours and eating during an 8-hour window, or the 5:2 method, where participants consume a regular diet five days a week while limiting caloric intake to about 500-600 calories on two non-consecutive days. This flexibility allows individuals to find a fasting schedule that aligns with their daily routines and preferences, making it a sustainable lifestyle choice rather than a restrictive diet.

In summary, the introduction of intermittent fasting into one's lifestyle can unlock numerous health benefits while promoting a healthier relationship with food. As we progress through the exploration of this eating pattern in the following sections, understanding these foundational benefits will provide the motivation needed to embrace the changes required for a successful fasting journey.

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## 2. Understanding the Mindset Shift Needed for Success

To achieve success with intermittent fasting, it is crucial to embrace a mindset shift that fundamentally changes how we view food, eating patterns, and our relationship with hunger. This new perspective is essential not only for the practicalities of fasting but also for sustaining motivation and commitment over the long haul.

First and foremost, it is vital to shift from a mentality of restriction to one of freedom. Many people approach dieting with the idea that they must deny themselves the foods they love, leading to a sense of deprivation.

Intermittent fasting flips this concept on its head. Instead of focusing exclusively on what you cannot have, it promotes awareness of when and how you eat. This newfound freedom allows individuals to enjoy their meals without guilt, knowing that they have the flexibility to consume their favorite foods within their eating window.

Another important mindset shift is the understanding of hunger itself. Society often teaches that hunger is something to be feared or suppressed. However, through intermittent fasting, individuals can learn to reinterpret hunger as a natural and manageable feeling, one that does not require immediate action. This can be liberating; rather than rushing to eat at the first pang of hunger, people can use that time to assess their true hunger



levels and recognize that they can wait until their defined eating periods. This capability breeds resilience and a healthier relationship with food.

Moreover, embracing a long-term view rather than a short-term fix is crucial for success. Many diets promise quick results, which can lead to frustration and disappointment when those results are not sustainable. Intermittent fasting, on the other hand, is about creating a sustainable lifestyle change. This requires patience and an understanding that true transformation takes time. By adopting the mindset of a marathon runner rather than a sprinter, fasting practitioners can focus on making gradual improvements and celebrating small victories along the way, which fosters a sense of achievement and motivation.

Additionally, fostering self-compassion and understanding is vital during this journey. There may be times when one slips up or strays from their fasting schedule. Instead of viewing these moments as failures, it is important to approach them with kindness and acceptance. Learning to forgive oneself and to recommit to the fasting practice without harsh self-criticism can significantly enhance long-term success. This is about progress, not perfection.

Lastly, community and support play essential roles in shifting one's mindset. Engaging with others who are also on the intermittent fasting journey can

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provide encouragement, accountability, and shared experiences. Whether through online forums, social media groups, or local meetups, being part of a community helps reinforce the mindset of success and fosters a sense of belonging.

In summary, the mindset shift needed for success with intermittent fasting involves viewing food differently, embracing hunger as a natural feeling, committing to a long-term journey, practicing self-compassion, and engaging with a supportive community. When individuals can master this mindset shift, they set themselves up not just for temporary fasting success but for lasting lifestyle changes that promote health and well-being.

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### 3. The Science Behind Intermittent Fasting Explained

Intermittent fasting (IF) is more than just a weight loss strategy; it is a scientifically grounded approach that taps into the natural rhythms of our bodies, optimizing health and promoting longevity. At its core, intermittent fasting involves alternating cycles of eating and fasting, which can trigger various metabolic and cellular processes beneficial for overall well-being.

One of the most significant changes that occur during fasting is a shift in the body's source of energy. When you eat, your body breaks down carbohydrates into glucose, which it uses for energy. However, during periods of fasting, glucose levels drop, prompting the body to switch from utilizing glucose to burning stored fat for fuel. This transition not only aids in weight loss but also leads to the production of ketones, which are compounds derived from fats that serve as an alternative energy source, particularly for the brain.

From a hormonal perspective, intermittent fasting brings about significant benefits. Fasting can enhance insulin sensitivity, which is crucial for maintaining stable blood sugar levels. When insulin levels drop, fat stores become more accessible to be utilized for energy. This hormonal response not only facilitates weight loss but also reduces the risk of metabolic diseases such as type 2 diabetes.

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Moreover, fasting promotes the production of human growth hormone (HGH), which is vital for muscle growth, fat metabolism, and cellular repair. Elevated levels of HGH can lead to fat loss and a leaner physique, which further empowers individuals on their journey toward better health.

At the cellular level, intermittent fasting initiates autophagy, a crucial process where the body cleans out damaged cells and regenerates newer, healthier cells. This self-cleaning mechanism helps fight disease, reduces inflammation, and enhances overall cellular function. By promoting autophagy, intermittent fasting not only supports physical health but also improves cognitive function and mental clarity, as unhealthy cells can adversely affect brain health.

Additionally, the practice of fasting has been shown to influence gene expression, promoting genes associated with longevity and disease prevention. This genetic response indicates that intermittent fasting has the potential to extend lifespan and improve quality of life through its role in combating aging-related diseases.

Research has also highlighted the psychological aspects of intermittent fasting. By restricting the time frame in which one eats, individuals often find greater clarity in their relationship with food. This can lead to healthier

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food choices and mindful eating patterns. Understanding and embracing the science behind intermittent fasting allows individuals to focus on the profound health implications rather than simply the scale.

In summary, intermittent fasting is underpinned by a robust scientific foundation that highlights its multifaceted benefits for physical, hormonal, cellular, and mental health. It is a versatile approach that can not only enhance weight loss efforts but also promote holistic health and longevity. By understanding these scientific principles, individuals can navigate their fasting journeys with confidence and purpose.

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## 4. Creating Your Own Flexible Fasting Schedule

Creating a flexible fasting schedule is a vital step in maximizing the benefits of intermittent fasting and sustaining it in a way that fits seamlessly into your lifestyle. The beauty of intermittent fasting lies in its adaptability; there's no one-size-fits-all approach. Instead, individuals can customize their fasting and eating windows to match their personal preferences and daily routines.

To start, consider your daily schedule and associated commitments. Are you more productive in the morning? Do you often socialize during lunch or dinner? These factors will dictate when you might want to begin and end your fasting windows. For instance, if you prefer not to eat breakfast, you can adopt a 16:8 schedule, fasting from 8 PM one night until 12 PM the next day. This timeline allows for a midday meal that fits easily with social expectations and work obligations.

Another option is the 5:2 diet, wherein individuals eat normally for five days a week and restrict calorie intake to about 500–600 calories on two non-consecutive days. This flexibility enables you to enjoy regular meals while still gaining the fasting benefits. Ultimately, the goal is to establish a routine that feels natural and manageable; flexibility is key.

To help you initiate your fasting journey, you might consider starting with

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shorter fasting periods, such as a 12-hour fast. Gradually, you can increase the duration as your body acclimates. Tracking your fasting hours can also be beneficial. Apps or simple journals can provide insights into your progress and help you stay accountable.

Remember, the types of foods consumed during your eating window also play a crucial role. Focusing on whole, nutrient-dense foods can ease the transition and prevent feelings of fatigue or hunger during fasting. Adequate hydration is equally important—drinking water, herbal teas, or black coffee during fasting periods not only keeps you hydrated but can also help diminish hunger pangs.

As you create your personalized fasting schedule, it may require some experimentation to find what truly works for you. Don't hesitate to adjust your windows based on your feelings and experiences. The most effective fasting regimen is one that feels sustainable and enjoyable. Being responsive to your body's signals is crucial; if you're feeling drained or overly hungry, consider decreasing your fasting duration or tweaking your eating window.

In summary, creating a flexible fasting schedule is not only about adhering to strict time commitments; it is about crafting an approach that aligns with your individual lifestyle and wellbeing. The goal of intermittent fasting is not simply to restrict food intake but to promote a healthier relationship with

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food while achieving your health and wellness objectives.

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## 5. Practical Tips for Implementing Intermittent Fasting

When embarking on the journey of intermittent fasting, having practical strategies in place can significantly enhance your experience and help you stay committed to this lifestyle choice. Here are several actionable tips to implement fasting effectively while maintaining flexibility and enjoyment in your daily routine.

1. **\*\*Start Slowly\*\***: If you are new to intermittent fasting, consider beginning with a shorter fasting window. For instance, you might start with the 14/10 method—14 hours of fasting followed by a 10-hour eating window—before gradually extending the fasting period as your body adapts.
2. **\*\*Stay Hydrated\*\***: During fasting periods, it is essential to stay well-hydrated. Water, herbal teas, and black coffee (without cream or sugar) can help curb hunger pangs and keep your metabolism functioning optimally. Hydration is key not only for physical health but also for maintaining energy levels during fasting.
3. **\*\*Plan Your Meals\*\***: Fasting is not just about skipping meals; it's crucial to focus on what you eat during your eating windows. Prepare nutrient-dense meals rich in whole foods, such as vegetables, lean proteins, healthy fats, and whole grains. Planning meals in advance can help you make healthier



choices and avoid impulsive eating.

4. **\*\*Listen to Your Body\*\***: It's important to pay attention to your body's cues. If you're feeling excessively hungry or lethargic, it may be beneficial to adjust your fasting schedule. Flexibility is one of the reasons intermittent fasting is sustainable for many; find a balance that works for you.

5. **\*\*Incorporate Exercise Wisely\*\***: Physical activity is an integral component of a healthy lifestyle. You can choose to work out during your fasting window, but if you prefer to eat beforehand, ensure you have a nutritious meal to fuel your workout. The key is to find a routine that leaves you feeling energized, whether you choose to exercise fasted or fed.

6. **\*\*Join a Community\*\***: Engaging with others who practice intermittent fasting can provide support, encouragement, and motivation. Online groups, social media communities, or even local meet-ups can offer a sense of belonging and shared experiences that make the fasting experience more enjoyable.

7. **\*\*Track Your Progress\*\***: Consider journaling your fasting experiences, noting how you feel, any changes you observe, and your progress towards your health goals. This practice not only helps in tracking physical changes but also encourages mindfulness about your eating habits and overall

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wellbeing.

8. **\*\*Be Mindful of Social Situations\*\***: Social gatherings can pose challenges to your fasting routine. It's a good idea to plan ahead for events involving food, perhaps by eating a satisfying meal before attending or focusing on hydration while enjoying the company of others.

Communicating your fasting goals to friends and family can also encourage understanding and support.

9. **\*\*Prepare for Setbacks\*\***: Life is unpredictable, and occasional slip-ups are part of any lifestyle change. If you find yourself straying from your fasting schedule, approach setbacks with compassion. Acknowledge the situation, learn from it, and recommit to your fasting schedule without guilt or frustration.

10. **\*\*Celebrate Your Successes\*\***: As you make progress, take time to celebrate your achievements, no matter how small. Recognizing your milestones reinforces positive behavior and can motivate you to continue with your intermittent fasting journey.

By incorporating these practical tips into your intermittent fasting routine, you can create a sustainable approach that works for your lifestyle. The goal is not just to adhere to a schedule but to enjoy the journey towards better

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health and well-being.

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## 6. Common Challenges and How to Overcome Them

Intermittent fasting (IF) is an effective weight management strategy, but like any lifestyle change, it comes with its own set of challenges. Understanding these potential hurdles is crucial for maintaining motivation and success in your fasting journey. This section addresses common challenges faced by those practicing intermittent fasting and provides actionable strategies to overcome them.

One of the biggest challenges is hunger. For many, the initial days of IF may be marked by intense cravings and feelings of starvation during fasting windows. It's important to recognize that these feelings are often temporary as your body adapts to a new eating pattern. To combat intense hunger, practitioners should focus on staying hydrated; sometimes, cravings can be mistaken for thirst. Drinking water, herbal teas, or black coffee can help stave off hunger pangs without breaking the fast.

Another prevalent issue is social pressure. In a society that often centers around mealtimes and social gatherings, fasting can sometimes make individuals feel isolated. For those practicing IF, it's crucial to communicate your dietary choices to family and friends. Sharing your goals with them can foster a supportive environment. Additionally, planning ahead for social events—like having a healthy snack before attending a party or offering to



bring a dish that aligns with your fasting plan—can help maintain your fasting schedule without feeling left out.

Emotional eating is another challenge many face. Stress, boredom, or emotional fluctuations can drive individuals to seek comfort in food, which can interfere with fasting goals. To counteract this, identifying triggers is key. Keeping a journal to track moods, cravings, and eating habits can help in recognizing patterns. Finding healthier coping mechanisms, such as exercise, meditation, or engaging in hobbies, can help divert attention from food during emotional downturns.

Fluidity in fasting times can also pose a challenge, especially when life gets busy or spontaneous events come up. Some may feel rigidly tied to their initial fasting schedule and panic when they can't stick to it. The good news is that IF is designed to be flexible. If an event requires a change in your eating schedule, adapt as necessary and return to your usual routine as soon as possible afterward. Accepting that life is unpredictable and allowing some wiggle room in your fasting schedule can help alleviate unnecessary stress.

Lastly, the lack of immediate results can be discouraging. Weight loss and improved health often take time, and many expect quick fixes. Maintaining a long-term perspective is essential. Celebrating non-scale victories, such as increased energy levels or better sleep, can help keep motivation high.

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Setting smaller, achievable goals can also provide regular boosts of encouragement and satisfaction.

In conclusion, while challenges in intermittent fasting are common, they are also manageable. By recognizing potential issues such as hunger, social pressure, emotional eating, rigidity in schedules, and the need for patience, individuals can prepare themselves for success. Emphasizing flexibility, self-compassion, and celebrating small successes are integral components in the journey toward a healthier relationship with food and a more fulfilling lifestyle.

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## 7. Celebrating Your Progress and Continuing the Journey

One of the most rewarding aspects of adopting intermittent fasting (IF) as a lifestyle is the opportunity to celebrate your progress. As you embark on this journey, it's crucial to recognize and appreciate the milestones you achieve along the way. Whether it's losing weight, improving your energy levels, or simply gaining a better relationship with food, acknowledging these successes can foster a positive mindset and motivate you to maintain your progress.

First and foremost, set clear, attainable goals that resonate with your personal reasons for practicing intermittent fasting. These goals could range from specific weight loss targets to broader objectives such as enhanced mental clarity or improved overall health. Tracking your progress through journaling or using apps can provide visual cues of your achievements and reinforce your commitment. Be sure to commemorate both big and small victories, as each step forward contributes to your overall journey.

Celebrating progress can take many forms. You might choose to reward yourself with non-food treats, such as a new outfit that fits better, a relaxing spa day, or even a weekend getaway. These rewards should align with your goals and reinforce the positive changes you are making in your life. Remember, the habit of celebration plays a vital role in sustaining

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motivation; so, allow yourself the freedom to acknowledge your successes genuinely.

As you continue your intermittent fasting journey, remember that this isn't just a quick-fix diet; it's a long-term lifestyle change. This perspective encourages a mindset of patience and resilience. There will be times when you might feel discouraged or experience setbacks—this is completely normal. It's essential to approach these challenges with a growth mindset, understanding that every attempt contributes to your overall learning experience. Reflect on what you can adjust or improve upon rather than viewing setbacks as failures.

Continuing your journey involves maintaining flexibility in your fasting schedule and incorporating what you've learned into daily life. Stay mindful of your body's signals, and don't hesitate to tweak your fasting regimen as needed. Whether it's adjusting the hours you fast or experimenting with different eating windows, listening to your body can help you find a balance that works best for you.

Furthermore, continue to educate yourself about intermittent fasting and nutrition. Engaging with communities, whether online or in person, can provide support, encouragement, and valuable tips from others who share similar goals. Sharing your experiences with fellow practitioners can keep

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you accountable while fostering a sense of community.

Lastly, set your sights on the bigger picture beyond weight loss. Embrace the additional benefits of intermittent fasting, such as improved mental clarity, better digestion, and enhanced energy levels. Focus on how these changes positively affect your life, enhancing your overall well-being. By continuously reflecting on your progress, celebrating achievements, and learning from your challenges, you create a sustainable framework that promotes longevity in your health journey.

In conclusion, celebrating your progress and approaching your intermittent fasting journey with gratitude and optimism will empower you to not only achieve your goals but also maintain them in the long run. Embrace the dynamic process of growth, remain open to adjustments along the way, and most importantly, enjoy the journey toward a healthier you.

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## 5 Key Quotes of Delay, Don't Deny

1. "In order to lose weight and keep it off, we need to learn to delay our gratification and allow our bodies to work through the fat-burning process."
2. "The more you learn about your body and how it works, the better you can tailor your eating and fasting to fit your individual needs."
3. "Fasting is not about deprivation, but about making conscious choices that align with our health goals."
4. "Every time you say 'no' to food, you are saying 'yes' to a healthier, more vibrant you."
5. "It's important to find a balance that works for you, not just to follow someone else's plan or timeline."

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