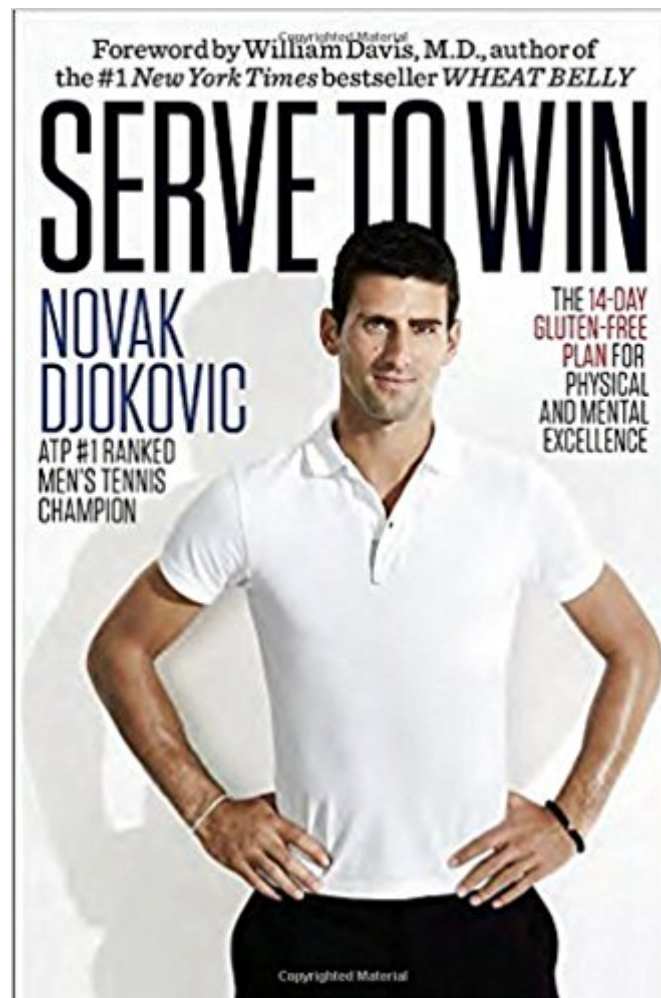




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Serve To Win: The 14-Day Gluten-Free Plan For Physical And Mental Excellence



Synopsis

Novak Djokovic reveals the gluten-free diet and fitness plan that transformed his health and pushed him to the pinnacle. In 2011, Novak Djokovic had what sportswriters called the greatest single season ever by a professional tennis player: He won ten titles, three Grand Slams, and forty-three consecutive matches. Remarkably, less than two years earlier, this champion could barely complete a tournament. How did a player once plagued by aches, breathing difficulties, and injuries on the court suddenly become the #1 ranked tennis player in the world? The answer is astonishing: He changed what he ate. *•* In *Serve to Win*, Djokovic recounts how he survived the bombing of Belgrade, Serbia, rising from a war-torn childhood to the top tier of his sport. While Djokovic loved and craved bread and pasta, and especially the pizza at his family's restaurant, his body simply couldn't process wheat. Eliminating gluten—the protein found in wheat—made him feel instantly better, lighter, clearer, and quicker. As he continued to research and refine his diet, his health issues disappeared, extra pounds dropped away, and his improved physical health and mental focus allowed him to achieve his two childhood dreams: to win Wimbledon, and to become the #1 ranked tennis player in the world. *•* Now Djokovic has created a blueprint for remaking your body and your life in just fourteen days. With weekly menus, mindful eating tips for optimal digestion, and delicious, easy-to-prepare recipes, you'll be well on your way to shedding extra weight and finding your way to a better you. Djokovic also offers tips for eliminating stress and simple exercises to get you revved up and moving, the very same ones he does before each match. *•* You don't need to be a superstar athlete to start living and feeling better. With *Serve to Win*, a trimmer, stronger, healthier you is just two weeks away.

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Customer Reviews

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Novak Djokovic is a Serbian tennis player who is ranked World #1 by the Association of Tennis Professionals. He is widely considered to be one of the greatest tennis players of all time.

To me this book is important and relevant for many reasons. Not only is Novak one of the best players in the history of the game but as the book reveals he is a pioneer in his approach to all aspects of the game. Because of a media bias I (and everyone else who gets their info from western media) was not aware of the complete story of the tragedy of the Bosnian war. I was never aware of the difficulties he and his family faced. For someone who grew up with relatively little access to free information on alternative approaches to health he has certainly excelled and become a ground breaker into this exciting, relatively untapped field of self healing. The book is gripping for anyone with an inquiring, open mind. It has a great balance of insight into the miracle and simplicity of self healing and a unique insight into professional tennis. It is clearly written. It is not loaded with unnecessary medical jargon or unsubstantiated facts. He doesn't claim to be a nutritionist or doctor. He just learnt to listen with an open mind and heart. "When you get to the end of all the light you know, and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: either you will be given something solid to stand on, or you will be taught how to fly. -Edward Teller Everything Novak writes about makes absolute sense to me. It addresses so many levels of life that isn't typically generic and fearful. I am just surprised that it has taken this long for some one of his calibre to take advantage of what has been there all along. It's a wonderful irony that as he achieved financial success where he could afford the most expensive allopathic medical doctors opinions he found the answers for free. I am sure in a way Novak is appreciative of his hardships. Without them he would never have pushed to discovered his full potential. I admire Novak for speaking out against the norm. It takes a special kind of person to be this aware, to walk the talk and not be a sheep who just follows. I just wish he had written about the importance of fresh water. Most tap water contains, chlorides and other very harmful chemicals. One should always try filter tap water. Water bottled in plastic contains harmful chemicals from the plastic. One should try to only drink from glass bottled water. I am a 51 year old South African male (

tennis nut) I am busy with an alternative treatment to cure cancer (Lymphoma) that is organic food based. It's called the Gerson therapy [...] I have done this therapy for 3 years now. After 2 years my bloods were totally normal. I have no traces of cancer. I am healthier and happier than I have ever been. For these reasons this book makes so much sense to me. Like Novak I learned to listen to my body. Claude Venter

I'm a fan of tennis and the tennis player Novak Djokovic but not quite a fan of his diet. It's a gluten-free, dairy-free diet but not vegan, so I bought the book anyway. I find his story quite interesting. How he became #1 in the 2011 ATP rankings, won Grand Slam tournaments, etc., after he changed his diet because he found out about his mild sensitivity to tomatoes and wheat and dairy intolerance. In this book, along with his story and plenty of information about his diet and where the gluten hides come topics as meditation, friendship, rest and training. Also, something that I want to give it a try: foam rollers for a massage. A seven days sample of his diet and recipes developed by Chef Candice Kumai are explained in the book, but as he said "his diet is always evolving" so it can change any time. It's an easy reading and as a fan I'm pleased I bought it. I just took what works for me.

Great book, and as a former tennis professional, truly inspirational. Ivan Lendl and Martina Navratilova were the ones who brought fitness as part of the tennis professionalism in the late 80's early 90's, which revolutionized the tennis world, and Novak Djokovic is the one who's bringing nutrition as part of not only tennis professionalism but to the every day life. This book reflects the personal lack of awareness to our own bodies, and it is so true, what he is saying about the intolerance to certain foods. I have been suffering from skin allergic reactions and every doctor that I went, and every test they did, they could not find the reason of my allergies. For the past 4 weeks I have been eating a gluten free diet and all my allergies, bloating, acid reflux, and permanent fatigue are gone. Thanks Novak for showing that sometimes western medicine has not all the answers to our illnesses. Keep on inspiring people around the world.

Eating gluten free helped me go off thyroid medication. I was taking medication for 4 years and always felt very tired and my mind was in a fog. After starting gluten free diet I feel very good and my spirit is a lot stronger. Book by Novak helped me develop a good diet and lose weight. I am very, very thankful to him for writing this book, sharing his experience and being so open. I completely

believe him because I now know what gluten sensitivity can do to a body. I also liked the structure of his diet - not too much protein and healthy amounts of carbs. I feel my body does better this way too - with carb lunch.

This book is just much more than a Diet Plan..it is definitely a life changer if you didn't know about most of things Novak says in this book. It is not just about food you should and shouldn't eat, it is about how to make your body perform the way you want it to. I am inspired by this book, cause every word in this book comes from a person who has reached great heights when it comes to Tennis. I was amazed by his stamina and consistency in being World's number one already, before I started reading this book. It is simple language, and very tempting cause he gives a taste of his life and how his diet made him feel simple great. I have already tried his gluten-free suggestion for 7 days, & 7 more days to go...I already feel great. I do respect his values in terms of commitment towards his family and friends and modesty despite his achievements.

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