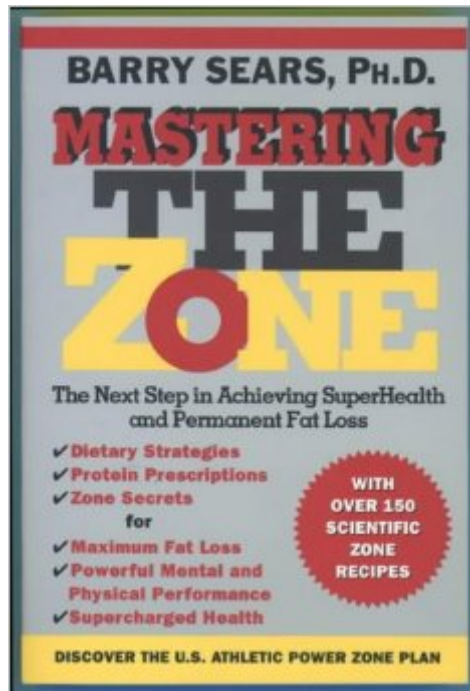


The book was found

Mastering The Zone: The Next Step In Achieving Superhealth And Permanent Fat Loss



Synopsis

Dr. Sears takes your health to the next level. His easy-to-follow strategy throws out conventional carbohydrate-worship and says humans need protein and carbohydrate and even fat for true health. By carefully adjusting a sensible diet, Zone followers attain hormonal balance and reap real results- permanent weight loss, great health, all around peak performance- that begin immediately and last a lifetime. If you are new to The Zone, it will show you, step-by-step, how easy it is to eat for superior health. If you are a Zone veteran, it will help you fine-tune your Zone lifestyle. --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 382 pages

Publisher: HarperCollins; New Ed edition (1997)

Language: English

ISBN-10: 0060929030

ISBN-13: 978-0060929039

Product Dimensions: 9.2 x 5.9 x 1.1 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (111 customer reviews)

Best Sellers Rank: #535,263 in Books (See Top 100 in Books) #215 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #914 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#) #8040 in [Books > Health, Fitness & Dieting > Diets & Weight Loss](#)

Customer Reviews

This is certainly a program that can be made difficult. Some of the other zone books have recipes that would require you to be a math whiz or an expert chef, and have tedious measuring. This book helps and mostly makes it simple. For me it is life changing. I have ALWAYS had late evening sugary, breaded, fatty junk food cravings like ice cream and chips and all kinds of overpriced sugar-laced worthless garbage foods. (and always in super large abnormal quantities) And for years I usually gave up and just ate anything I wanted. (I'd be willing to wager that most of you reading this knows exactly what I mean to just "give up" when it comes to food) And gained lots of weight. Then I found this book. To me it is like what methadone is to a heroin addict. (for those that don't know, methadone is a drug to take the edge off of the withdraws from heroin without the euphoric high) And for those fellow sugar/carb addicts, you probably know what I mean. If you follow this plan

correctly, it REALLY WILL take away those terrible binge cravings. It may take a little patience, and possibly some time (usually one to three days), but it will work. This is not easy unless you make it simple for yourself. Getting started is a bit difficult because it usually requires a change of eating habits, which is not easy. To make it easy for me I had to pick out about 5 or 6 recipes I could EASILY make in a short amount of time. This book has some that I like and they are simple. The zoneperfect site also has some recipes that are easy to make as well. (those are FREE!) For the days that I just don't want to fix anything, I have bought a whole bunch of the zone prepackaged bars and meals and other foods.

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