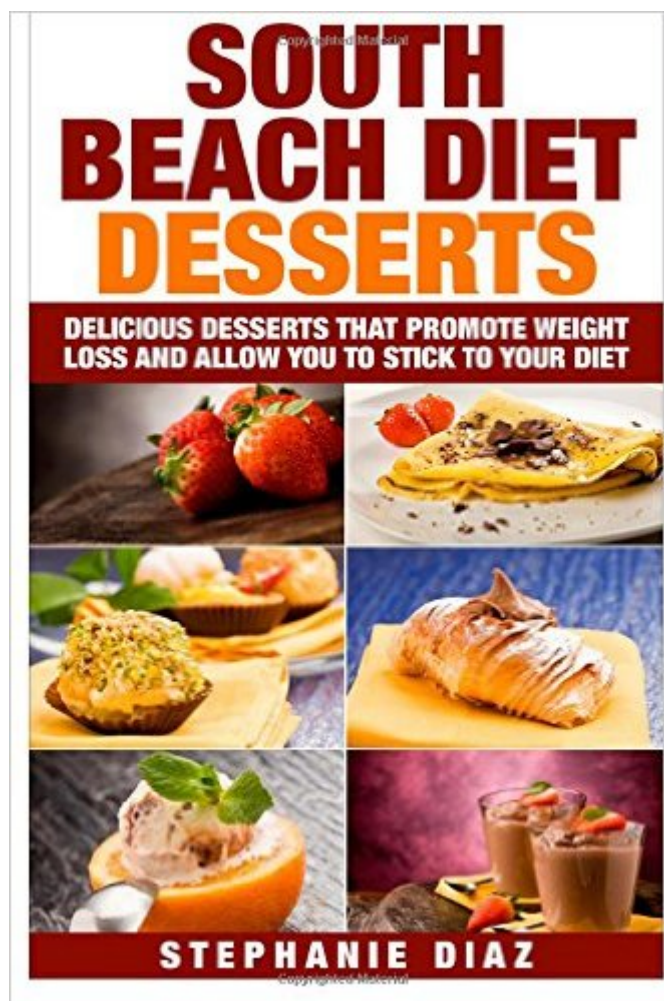


The book was found

South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss And Allow You To Stick To Your Diet



Synopsis

Join the Millions That Have Changed Their Lives Following This Diet Most people seek diets to lose weight. For that reason, most diets that were formulated earlier were drastic ones which cut down on the carbohydrate and fat intake in a dietâ€™s meals and forced them to reduce their calorie intake drastically. Many diets also consisted of an undue focus on one nutritious item while foregoing balanced meals for the sake of weight loss. Most of these diets had short term effects but led to long term adverse effects if no effects at all. At such a time cardiologist Arthur Agatston along with dietitian Marie Almon designed a diet which served as an alternative to the low fat diets that were prevalent during the eighties. The diet became known as the South Beach diet which was formed with the main purpose to prevent heart diseases in people. This diet was formulated by Dr. Agatston to help his own patients in the early part of the millennium. The diet soon became popular and was considered by even those who wished to lose weight. Don't sacrifice taste for flavor, we all have a sweet tooth and inside I teach you how to cure it!

Book Information

Paperback: 36 pages

Publisher: CreateSpace Independent Publishing Platform (February 10, 2015)

Language: English

ISBN-10: 1508423156

ISBN-13: 978-1508423157

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.7 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #386,362 in Books (See Top 100 in Books) #44 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #117 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

Customer Reviews

Poor spelling. Not done well should have someone edit before publishing. Would not recommend.

WASTE OF MONEY. 35 PAGES. ONLY 30 RECIPES. PHASE 2 ONLY. NOT VERY HAPPY .

Just a brochure size. Not to happy with this purchase

South beach diet is great, glad I found some more recipes for it.

Book is an okay follow up on previous books

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