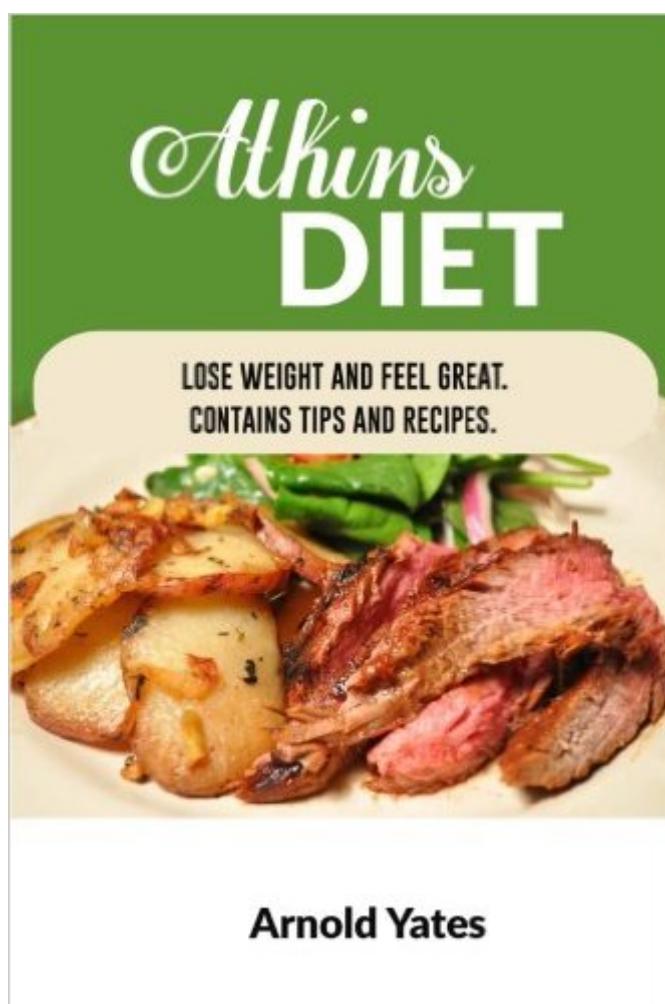


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# Atkins Diet: Lose Weight And Feel Great, Contains Tips And Recipes: Diets, Nutrition, Recipes, Cooking, Food, Health



Arnold Yates



## Synopsis

Use these powerful recipes and strategies to immediately look and feel great! Greetings, My name is Arnold Yates and I am a Doctor and a bodybuilder. I have a PHD in exercise physiology. The reason I created this book is because I don't want people to go through what I went through. Decades of learning, trial and error is compressed into this book. My goal is to spread valuable information to the mass media so that people can improve their health & wellness. Get this book to cut your learning curve and get the body you want in a shorter amount of time. At some point in your efforts to lose weight, you may doubt if you are on the right track with your diet program due to various reasons. The flood of information on diet food is overwhelming, or the conflicting views of food experts for the best diet program leave you confused, and the fear if your diet plan is medically sound or endangers your health. Recent years saw the growing popularity of the Atkins diet after a few celebrities claimed success with this nutritional approach. The use of Atkins diet continues to rise, now with a following of close to a tenth of the adult population. Many dieters using the Atkins diet plan claim they lost about 18 pounds within six months, with no risk of heart problems. The popularity of this diet plan is in its emphasis on reducing the consumption of carbohydrates without getting hungry. This book will take you a better understanding of the Atkins diet and show the benefits derived from its use. Here is the preview of what you will learn.... Principal Base of the atkins dietPhases of the atkins diet Weight Maintenance Simple and easy to make recipes And much much more In this book you'll discover how to ... Build Muscles Burn fat easily Create an effective meal plan Learn about different strategize Food Consumption to optimize weight loss What Others Are Saying "One Word. AMAZING" -Drake Guzman (Olympic Athlete) "Best Book On Atkins" -Michelle Williams (Dance Instructor) "Increased my energy level" -Matthew Wright (CEO) "Lost so much weight implementing the strategize in the book" -Candice Parker (Female Athlete ) "This book changed my life, I started a new habit and the bonus helped me get a six pack" Jackie Welsh Do you want to obtain the physique you want in less amount of work? Do you want to increase your muscle mass ? Do you want to look good in any type of clothing? Do you want to feel good and develop more confidence? Do you want to live longer? Do you want to slow the process of aging? Do you want to look great and feel great? Then this book is for you! I guarantee that you will get results!

## Book Information

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## **Customer Reviews**

The Atkins diet stands on the core principles of weight loss, weight sustenance, improved health and well-being, and prevention of health risk factors. The diet plan matches the specific nutritional requirement of the dieter, removing any barrier the dieter may have to continue with the program and achieve success. The Atkins diet program helps us move gradually from a high carbohydrate consumption to a low-carbohydrate intake. This book will take us to an understanding of Atkins diet and show the benefits derived from its use. What I like the most about this book is the fact that it is very informative. There are many mindfulness books out there that are full of fluff, but this book isn't one of them. It able to help us to understand the concept of the Atkins diet and how it is going to effectively work for us.

This book discussed probably all you needed to learn about Atkins Diet. It provides a deep and better understanding about the diet. I have not decided whether or not to go through the diet prior to reading this book but after reading it, it seems very suitable to me plus there was a sample meal I could start with. A good book to read if you're still undecided about Atkins diet.

Atkins Diet are surely one of the most effective and fast way to lose weight without worrying not to spend to much time in gym or any exercise. Also what i love about this is that the recipe are well formulated and easy to cook!

Atkins diet is not only a great way of losing weight but it is a healthier life style dieting plan which helps the dieter to reduce the high carb usage to low carb usage. The author had helped specially the beginners on this dieting plan to a great extent through his book. This book consist all most every detail the dieter must be concerned on while dieting under this plan. And with the benefits he

had given, the reader could decide for him self whether this would be effective for his condition. And with the guiding's given on maintaining each weight level the dieter would have a clear idea on what is to be done to maintain the expected figure. Further, the author has introduced a dieting plan plus some mouth watering recipes for the readers. so along with all theses helpful info I think the author had done a great job by helping those who dreams to lose weight and live healthy more effectively. Highly recommended.

I was a vegetarian for many years with considerable side effects on my health and energy levels. After reading many books on health and having many prejudices against the Atkin's Diet I gave it a try. What a shame they have besmirched this genius, Dr. Atkins so much! Following this way of nutrition I felt for the first time in many years that my energy levels and blood works returning to normal. This book has a bunch of recipes inside and tips on the subject. Great info on how people become diabetic, get heart disease, and good steps to prevent. If you need to go to a diet, this book is a God send for you.

Great explanation of diet. I have tried this diet before and it works. I thought this was the full book. If you are considering this diet this book is what you need. Easy to read and understand. Enjoy the recipes! Just wish there was a good list to go by for the induction phase.

This is the first time I encounter Atkins diet and this book gives me a great introduction. It has a simple way of giving details, tips and guide that result into a better understanding of the whole diet process. It's a complete from recipes and diet plans. I'm thinking to try this the soonest.

My wife and I both decided to try out the Atkins diet. We've both been feeling a little overweight lately which has led to some days feeling tired and heavy breathing even for small distances of walking. This book has taught us all we needed to know about the Atkins diet and along with some lifestyle changes I am confident things will only get better from here!

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