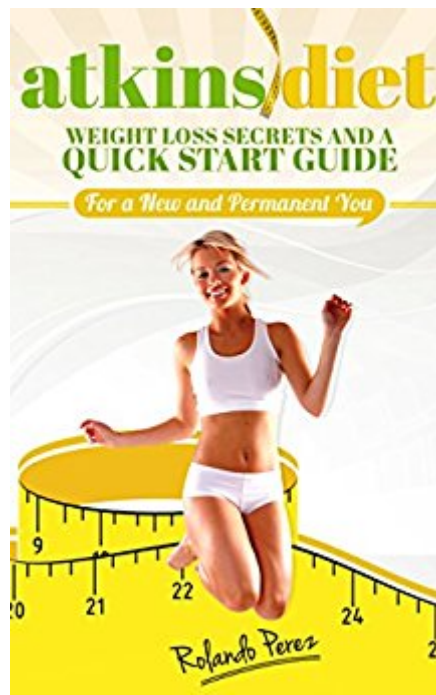




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ATKINS DIET: Weight Loss Secrets And A Quick Start Guide For A New And Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss



Synopsis

STOP ALL FAD DIETS TODAY AND START THE MOST TESTED DIET THAT WILL MAKE YOU LOSE WEIGHT GARANTEED.YES YOU WILL LOSE WEIGHT GARANTEED WITH THE ATKINS DIET.DOWNLOAD TODAY AND FIND OUT HOW.The Atkins Diet has been shown to lower your cholesterol levels, blood pressure and improve your diabetes. Dr Atkins showed us that weight loss with the Atkins diet will improve almost any ailment you may have. Obesity is the main culprit in many ailment afflicting people today. You will lose weight guaranteed! This weight loss book, ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You, will jump start you into losing weight fast. ARE YOU READY TO LOSE WEIGHT FAST AND PERMANENTLY?With the Atkins diet no strenuous exercise is required. Your metabolism will do all the work for you. Are you ready to lose weight guaranteed? Are you ready for that new body to come out and enjoy that health feeling you have been looking for? No need to wait any longer, this book has all the information necessary to start this life changing diet.THE ATKINS DIET IS GUARANTEED TO MAKE YOU LOSE WEIGHT FASTThere are now many variations of the Akins diet known by names like the Paleo diet, the Mediterranean diet, the Dukan diet and even the South Beach diet but this low-carb diet, the Atkins diet, will bring out the slim inner you guaranteed. Dr Atkins showed us how a high protein diet and a low carb diet, not a no carb diet, is a healthy eating plan. Low carb foods is basically what we are after with a high protein diet in its place. WHAT THIS BOOK WILL PROVIDE YOU WITH

- A Brief history Of Why Our Nation Is Obese
- Step By Step Guide Though The Entire Atkins Diet
- The Health Benefits Of The Atkins Diet
- The Scientific Proof Behind The Atkins Diet
- Four Phases Of The Atkins Diet In A Simplified Way
- Phase 1: The Induction Phase Where You lose The Bulk Of The Weight
- Phase 2: The On-going Weight loss Phase Where You Learn What To Eat And In What Proportions
- Phase 3: The Fine Tuning Phase Where We Learn How To Eat Too Keep The Weight Off
- Phase 4: Lifetime Maintenance This Is Where We Use All The Tool Learned For Life
- The Book Will Guide You Through All The Do's, Don'ts And
- This Book Will Guide You All The Way With Many Tips

THERE WILL BE NO SECOND-GUESSINGEverything will be presented in a simple and straight forward manner. This book, Atkins diet, Weight Loss Secrets and a Quick Start Guide for a New and Permanent You will guide you step by step through this low carb diet and will provide you with some amazing weight loss tips. These weight loss tips will point out important aspects of this diet plan to keep you on the right track.THE ULTIMATE GOAL OF THIS BOOKThis book will give you all the tools necessary to learn how to properly eat and learn to keep the pounds off for life. With the

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Customer Reviews

This book is exactly how the author describes it--The complete Atkins Diet easily explained with tips, examples, and suggestions. It was easy to read and well written. I tried Atkins over ten years ago

and enjoyed the meal plans, but I'd lost the information. This small book presented everything I needed to know in a concise manner. I recommend it to others looking for info on the Atkins Diet.

I can't understand some of the negative reviews. The book is what is written: A guide for the Atkins Diet. What I personally really like about this book is, that it helps you, preparing you for and keeping you with the atkins diet. I personally like to know how and why a diet works! What are the benefits and what is important - if you really want to lose weight and keep it that way. For this purpose, this book is highly valuable and I can really recommend this book.

just wanted the updated version

This E-Book ATKINS DIET: Weight Loss Secrets is absolutely wonderful! Very user-friendly with down-to-earth instructions ANYONE can follow. Will give a review after I have embarked on this diet.

It is very succinct and very good. It contains all the essentials for a successful Atkins Diet experience.

It all makes sense.

This book was an awesome buy!! It had new perspectives on dieting and made it easy to follow and stick to! I would definitely recommend it to anyone who is looking to start a new diet that actually works!

Lots of good information in this book. Let's get started, I know I will. Weight Loss is never easy but at times you have to try something.

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