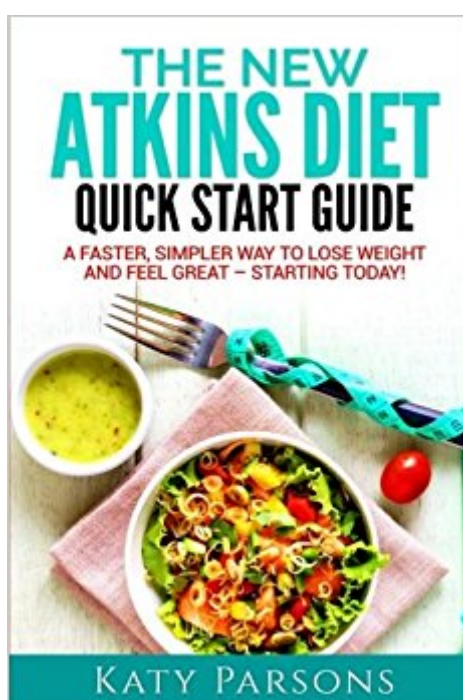


The book was found

The New Atkins Diet Quick Start Guide: A Faster, Simpler Way To Lose Weight And Feel Great Again Starting Today!



Synopsis

Lose 15 pounds in two weeks without cravings or hunger! What if we told you that there was a diet out there that wouldn't leave you feeling hungry, where you could eat most of your favorite foods, and you would still lose a considerable amount of weight? Does this sound like a mirage or a far-fetched dream? You're not in the midst of a slumber, it's a reality! The New Atkins Diet Quick Start Guide will show you how you can eat until you are totally satisfied, whilst also seeing the numbers on the scales rapidly decline. The Atkins Diet has undergone many changes over the years and it is now easier than ever to follow. This book will show you exactly what you need to do in order to follow the diet correctly, including what you can and can't eat, how to eat it, when to eat it, as well as giving you all the information you could possibly need to ensure a smooth and easy journey to your weight loss goal.

Book Information

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Customer Reviews

I could have gotten most the information in this book on line

This is a great and informative book! At first I was confused about the diet, but as I continue reading everything became clear. i learned a lot thru this book! Thanks

Nice plan to follow

I expected a book that was written by Atkins or someone in his organization. However, this was not written by an authoritative professional.

Wow! This is such a helpful book! 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.

A friendly way to present something as challenging as a diet is what the author accomplished well in this book. I am quite surprised that I enjoy reading about the principles of dieting. What made me seriously consider taking this diet is the explanation of the author about its benefits for diabetics and those with hypertension. I also appreciate the careful explanation of the diet phases.

The new Atkins diet seems too good to be true but reading this book gives me a better understanding on what this diet really is. I have seen that it is easier to follow, much more sustainable and it works best for me. I bet, this must be the diet book you have been looking for. Pick it up and use this to its full potential!

The book covers all stages of the diet very well. This book debunks the myths of the old Atkins diet and sheds new light on nutritional health. Very informative. It is a lifestyle for me now! My health, and weight has vastly improved! Everything came exactly the way it said it would.

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Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein
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(A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) ATKINS DIET:
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