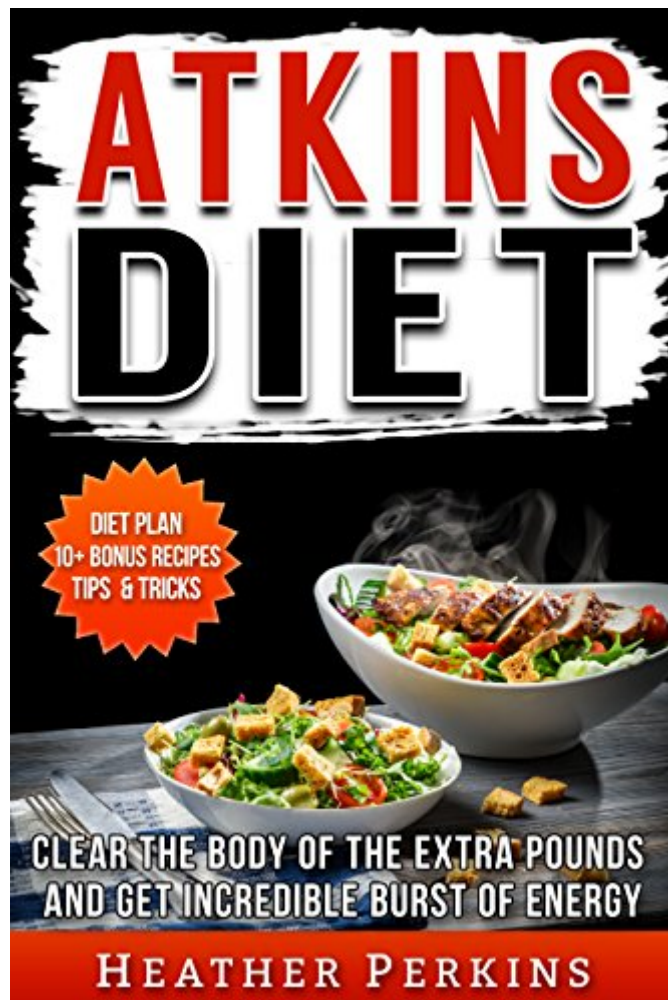




The book was found

Atkins Diet - Clear The Body Of The Extra Pounds And Get Incredible Burst Of Energy



Synopsis

The Atkins Diet has successfully helped millions of people lose tons of weight. However, many of the not-so successful dieters end up throwing in the towel before they reach the Final Phase. Some begin, only to give up because it seems to be too complicated or restrictive. Others start without doing it properly and wonder why they experience poor results. This book will answer your fundamental questions about the Atkins Diet. Read this book and get a quick understanding, and learn how you can start using easy, effective tactics to board the weight loss train today. By using the simple, yet clever Weight Loss Hacks in this book, you can get more startling results on the Atkins Diet. What are you waiting for? Leap over the layer of confusion and gain insight today! Remember: It is essential to complete the entire Atkins Diet if you want to lose enough weight successfully to attain your ideal shape and size. Don't be like the others who get stuck on Induction, when you can read this book for motivation and aid. Gain clarity, advice, and techniques to help you get through Phases One through Four now!

Book Information

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Customer Reviews

I had heard of Atkins diet a long time ago, but I had no idea what it meant. After reading this book, I finally realized that the Atkins Diet may actually be the source of the ketogenic and paleo diet that are some of the most popular forms of fat burning diets, as it works purely on the concept of ketosis. The book has explained detail how the diet helps in burning fat and reduce weight, the advantages of following this diet and some of the side effects of the diet. It has also explained the different phases of the diet and some sample recipes of the Atkins diet.

My husband and I have been trying to lose weight for a three years but didn't succeed. We weren't happy with each other and our marriage was not the same since we took on a lot of weight. This Atkins diet book really helped us to lose weight step-by-step. My husband lost 29 pounds and I lost 34 pounds. This book has changed our life and we are very appreciate to the author!

I liked this book because of its great tips on how to maximize success through Atkins Diet. In addition, there are helpful advices on how to minimize side effects. This book really motivates me to lose weight. Also, I found some delicious recipes in the end of the book. My favorite one is Baked Chicken with Avocado Salsa. Many thanks to the author!

This book is pretty good and useful. I was not feeling very comfortable with my last diet and decided to search another one. A week ago, my aunt recommended me to read this book and I found it in the same day on the and got on my Kindle device. It is easy to follow instructions in the book, so I found this diet easy to keep for me!

This book gave me a lot of information about what is the Atkins diet. Now I know that this diet works when you consume lower amounts of carbohydrates while consuming more protein. I liked that each chapter has weight loss hacks and I had already tried several. Some of them I liked and use them every day and some not so.

Thank you

Wonderful!

Good info

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