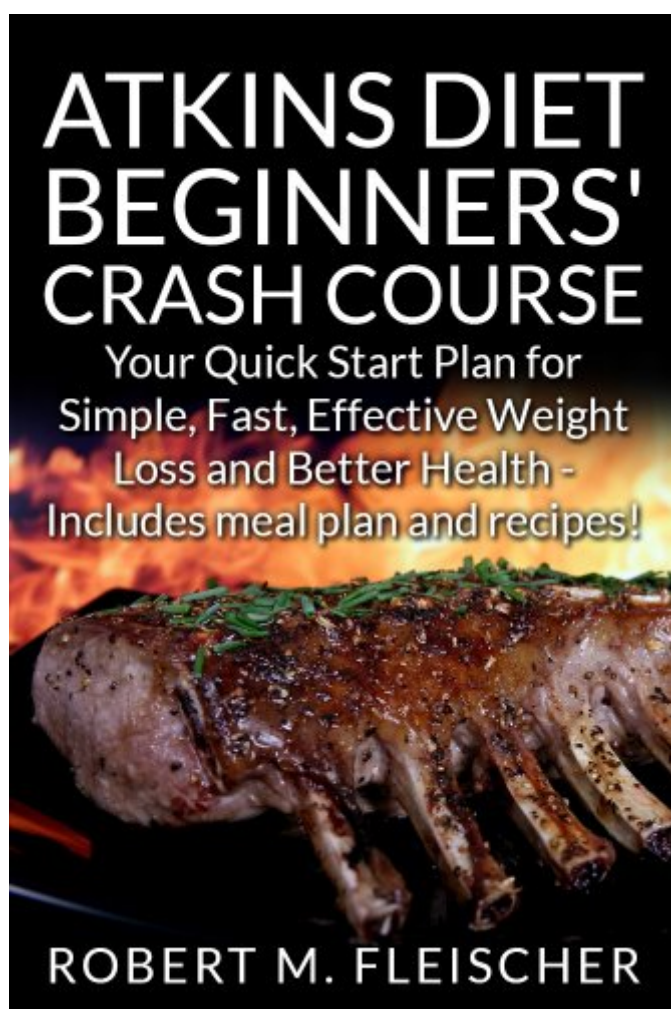


The book was found

Atkins Diet Beginners' Crash Course: Your Quick Start Plan For Simple, Fast, Effective Weight Loss And Better Health - Includes Meal Plan And Recipes!



Synopsis

Tired of calorie counting? And are you tired of constantly fighting yourself, starving yourself, denying yourself? NOW Includes 73 Savory Fat Burning Recipes There is a better way of getting rid of that unsightly belly fat - easily, simply, and without starving yourself. In his latest work, established author Robert M. Fleischer easily kills the myths surrounding the Atkins diet in general, and abdominal fat in particular. The Atkins diet is based on proven age-old medical science, and completely safe and effective when used correctly. This simple guide will show you exactly what to do and what not to do to easily and almost effortlessly achieve lifelong results. Sounds too good to be true? Well, that's ok. By the time you're done reading this book you'll realise that it is indeed very simple to get the results you're after - all you need is the right information. Read this guide to discover: How to break through the weight loss "ceiling" Why you can eat a big breakfast, and still end up hungry after two hours - and what you can do to forever put an end to this How to train the body to burn fat instead of carbs Why belly fat is THE most dangerous type of fat on the body, and how it can kill you - yes, kill you The link between stress and belly fat The link between Type 2 diabetes and abdominal fat The inner game of losing belly fat What went wrong with the "first" Atkins diet, and how to easily avoid this mistake The 21-day plan to becoming a fat burning machine Think back to the last time you felt good about your weight. What did that feel like? What did that look like? You can absolutely have that again. There's no need to struggle anymore, and there's no need to starve while losing weight. Simply follow the guidelines in "Atkins Diet Beginners' Crash Course" and watch how your waistline shrinks. Now including SPECIAL BONUS eBOOK! : Healthy Chemistry for Optimal Health This is an exclusive publisher bonus available for our readers only, in this report you'll discover: The Chemistry of The Blood The Relationship Between The Biology And The Chemistry of The Blood Dangerous Chemicals To The Body Good Chemicals To The Body 10 Reasons Why You Should Avoid The Bad Chemicals And so MUCH MORE! Grab a copy NOW!

Book Information

File Size: 5522 KB

Print Length: 160 pages

Publication Date: July 29, 2013

Sold by: Â Digital Services LLC

Language: English

ASIN: B00E8E16NY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #487,546 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins

Diet #119 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #485

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

Customer Reviews

I got sick of people telling me what to do to lose weight. "I don't want to lose weight, you fools," I wanted to yell at them, "just let me be." However, the truth is that I wanted to do it, but I just didn't know how. Yes, I'm not stupid, I knew I had to follow a diet, but which one? I've tried many and all of them, more or less, failed. Those that fell into the latter category were the ones in which I've lost some weight after long strenuous weeks, before gaining it again at no time at all. So, what should I do? I wanted to follow my mom's example and do nothing, to just like myself the way I am, but the truth is that we all live, wherever we are, in a, in many ways, racist society. People see you differently if you're fat and they talk behind your back. They do the same if you're skinny. I didn't want to be either. I just wanted to be an average person, who didn't have to offer excuses about their weight or appearance. I've visited many doctors and nutritionists in the past and I was not willing to do that again, so I've started searching the web for the perfect diet, for me that is. I say for me because I truly believe that what works on one person doesn't often work on another. How did I end up with this one? Well, it was a flip-of-the-coin kind of decision. I was trying to choose between two different books and the thought struck me that this one would suit me better than the other. I didn't expect it to be such a long book (word wise) though. I thought it'd only include an introduction, some basics and lots of recipes, but in the end I found out that it was quite different. What I mean is that it pays more attention to the big questions and answers, it highlights the importance of exercise and it goes to great lengths to explain how things really work.

[Download to continue reading...](#)

Atkins Diet Beginners' Crash Course: Your Quick Start Plan for Simple, Fast, Effective Weight Loss and Better Health - Includes Meal Plan and Recipes! Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet Rapid Weight Loss: Atkins

Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) Atkins: Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious,Quick And Easy, Low Carb Recipes for Every Meal) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart

Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You
(Atkins Low Carb Weight Loss Diet Book 1)

[Dmca](#)