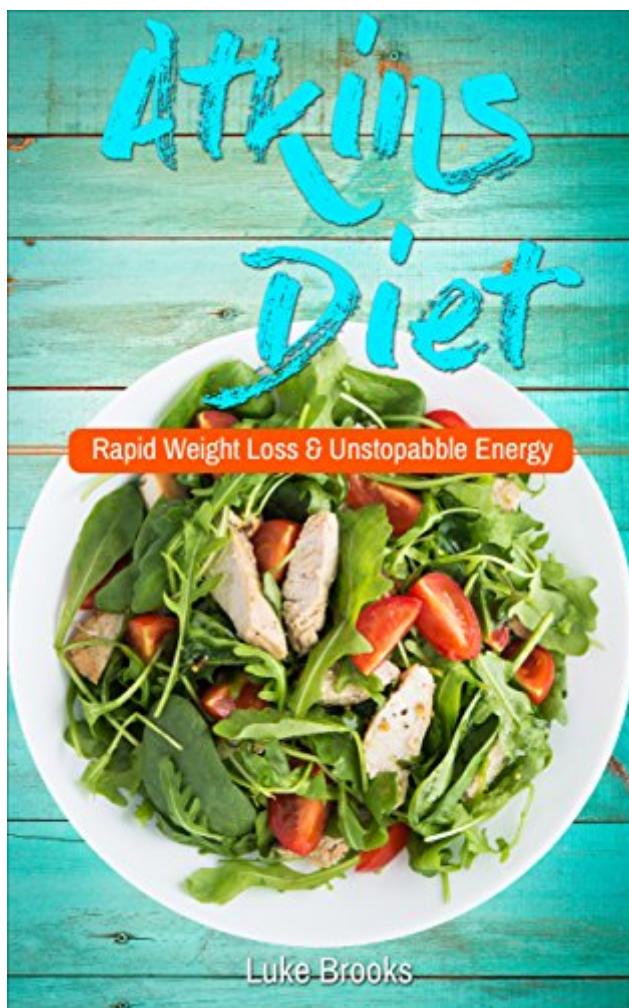


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# Atkins Diet: Rapid Weight Loss And Unstoppable Energy



## Synopsis

Would you like to be on your ideal weight, have unstoppable energy all day long and feel amazing? When you start following the Atkins diet, you will notice that your body is burning up all the excess fat that is stored within your body instead of burning glucose for generating energy. This book provides all the information that you need to know about the Atkins diet. It is not just a diet but it's a lifestyle change that will help you in improving your health by working alongside your metabolism and not against it. When compared to other low-calorie diets, the Atkins diet will facilitate faster weight loss. There are various benefits that this diet offers. You will be able to not only lose weight but also maintain your weight. This diet will make your immune system stronger and your body will be able to avoid many diseases and infections that people these days are being exposed to. This book will definitely make your life easier! There's a list of grocery items that has been provided in this book and you can make use of it while gathering the necessary ingredients. You are about to discover:

- What is the Atkins Diet
- Benefits of the Atkins Diet
- The 4 Phases of the Atkins Diet
- How to Change Your Mindset to Lose Weight
- Mistakes to Avoid
- Grocery List
- Breakfast Recipes
- Lunch & Dinner Recipes
- Dessert Recipes
- Smoothie Recipes
- How to stay Motivated
- And much more!

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## **Customer Reviews**

I loved this book. It covers the basics of the diet, but also covers important topics like mindset and getting family support. Without these 2 things almost any diet will fail. Also, I lived in the "foods to avoid" section he says I do NOT need to avoid salt! So I can have good trading food too. That's great. Love all the recipes!.

This book was really helpful in determining where the atkins diet is right for me. After reading this book and learning more about it, I think it is something most of us should be doing. It looks like it will help with weight loss, and there are lots of recipes included.

This book was a great read about the atkins diet. it includes in my view all the essential information needed to get started and see immediate results that should be better than many other diets. I highly recommend this book!

I have done this diet and when I stick to it, it really works. So does sommersizing by Luke Brooks. Luke allows carbs in limited amounts etc. If you want to go on a money diet see The Intersection of Joy and Money.

This book is exactly what I was looking for.... tells you every thing about what is Atkins Diet and contains very valuable recipes. I highly recommend this book.

How did this book get such good reviews? The bulk of this book is recipes. In all fairness, I didn't read through them. Unfortunately, I did read the first part of the book. It reads like something that nobody, including the author, proof read. The text is riddled with middle school grammatical errors. Frequently, the same concept is repeated and you wonder why, given that no additional perspective is being added. I wanted to learn about the Atkins diet and although I did learn a little bit from this

book, it seemed more like a poorly written Cliff's Notes version than anything authoritative.

This book is no help

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