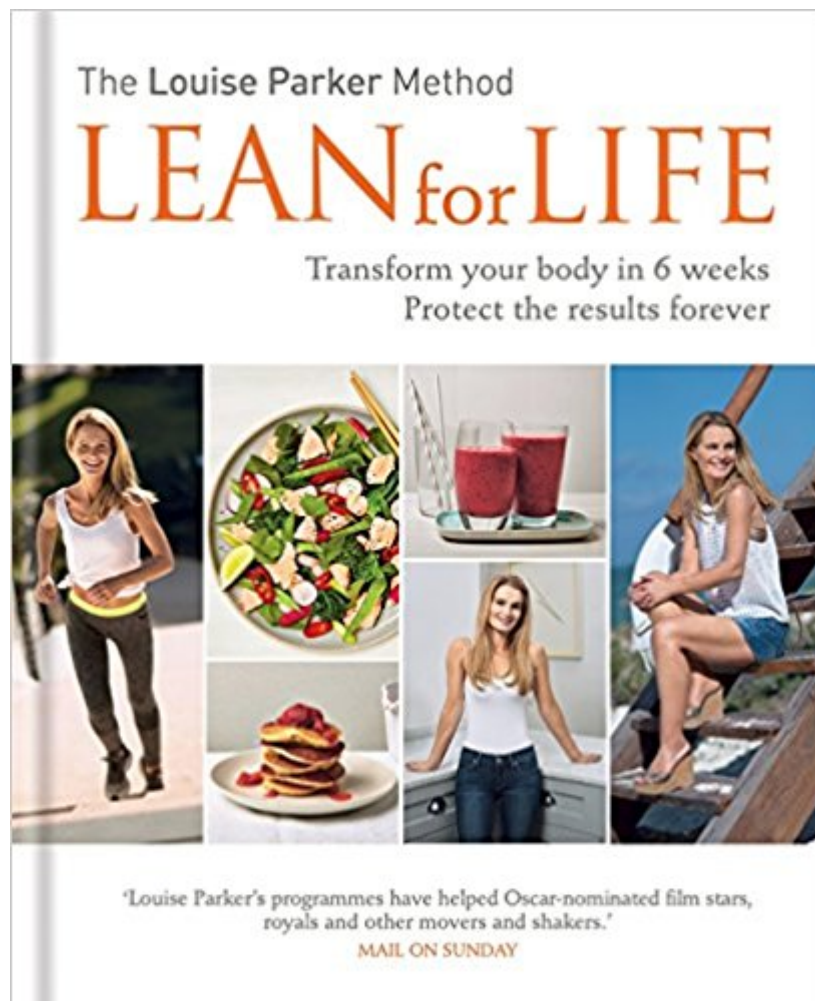




The book was found

# The Louise Parker Method: Lean For Life



## Synopsis

It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases:

**TRANSFORM** - taking the direct route to your best body  
**LIFESTYLE** - protecting your results for life  
The method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare. For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight. Think **Successfully** - positivity, keeping inspiring company and making time for simple pleasures every single day  
**Live Well** - de-cluttering your surroundings, a Digital Detox after 9pm every night, sleeping 7-8 hours a night and taking 20 minutes a day to 'brain nap'  
**Eat Beautifully** - eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book  
**Exercise Intelligently** - achievable goals of walk a minimum of 10,000 steps, exercise for 30 minutes, following Louise's workouts or other exercises you enjoy

## Book Information

Hardcover: 223 pages

Publisher: Mitchell Beazley; 1 edition (December 6, 2016)

Language: English

ISBN-10: 1784721751

ISBN-13: 978-1784721756

Product Dimensions: 8 x 1.2 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 22 customer reviews

Best Sellers Rank: #67,598 in Books (See Top 100 in Books) #25 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #123 in Books > Biographies & Memoirs > Professionals & Academics > Culinary #174 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows

## Customer Reviews

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high

society and royal family members from around the world. To date, over 11,000 people in more than 28 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the ever-increasing demand for The Louise Parker Method. They live in London with their 3 daughters.

Definitely a five-star book! Louise Parker's writing is as clear and easy as her Method. This is truly a lifestyle to be your best. Her inner/outer circle way of dealing with holidays, celebrations, etc., is a revelation. The recipes look yummy and are easy to prepare. Very motivating-can't wait to get started!

very encouraging!!!

yees

Just got this so I'm still working through the details. However, I don't like that it doesn't provide the nutritional info against any of the recipes. Perhaps this is coming in the recipe book coming out separately later this year? I know we aren't to be "counting" calories but I'd still like to understand what they are. It gives me a reference point and allows me to mix and match better. I'd also have liked a "pull-out" like section to use on a day to day basis as a reminder etc. Lastly, I think should allow that if you buy the book you get the kindle version free or vice a versa so readers can get the most out of the contents and more usability!

Great book plan really works

Good Book on health and diet.

It's not a very compelling book. It has recipes and exercises you should follow and that's fine however you cannot expect to be limited to that selection for the rest of your life. The book should explain better the logic so you can apply it alone in the future, as you grow and mature the diet process.

I've tried many different programs and love that this one includes real food and manageable

workouts. Just need to find those 10,000 steps per day!

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

The Louise Parker Method: Lean for Life Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert â “ Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Louise Penny Reading Guide and Checklist: The complete guide and reading order to the Chief Inspector Gamache crime novels of Louise Penny Holidays Can Be Murder: A Charlie Parker Christmas Mystery (Charlie Parker Mystery) The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care (Parker, Developmental and Behavioral Pediatrics) Carb Cycling: Unleash Your Bodyâ™s Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Lean Six Sigma: A Beginner's Guide to Understanding and Practicing Lean Six Sigma Lean Six Sigma For Beginners, A Quick-Start Beginner's Guide To Lean Six Sigma ! - Creating a Lean Culture: Tools to Sustain Lean Conversions, Third Edition Lean Enterprise: How High Performance Organizations Innovate at Scale (Lean (O'Reilly)) Lean QuickStart Guide: A Simplified Beginner's Guide To Lean Going Lean: How the Best Companies Apply Lean Manufacturing Principles Lean Safety: Transforming your Safety Culture with Lean Management Value Stream Management for the Lean Office: Eight Steps to Planning, Mapping, & Sustaining Lean Improvements in Administrative Areas Lean Six Sigma for Service : How to Use Lean Speed and Six Sigma Quality to Improve Services and Transactions The Lean Strategy: Using Lean to Create Competitive Advantage, Unleash Innovation, and Deliver Sustainable Growth (Business Books)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)