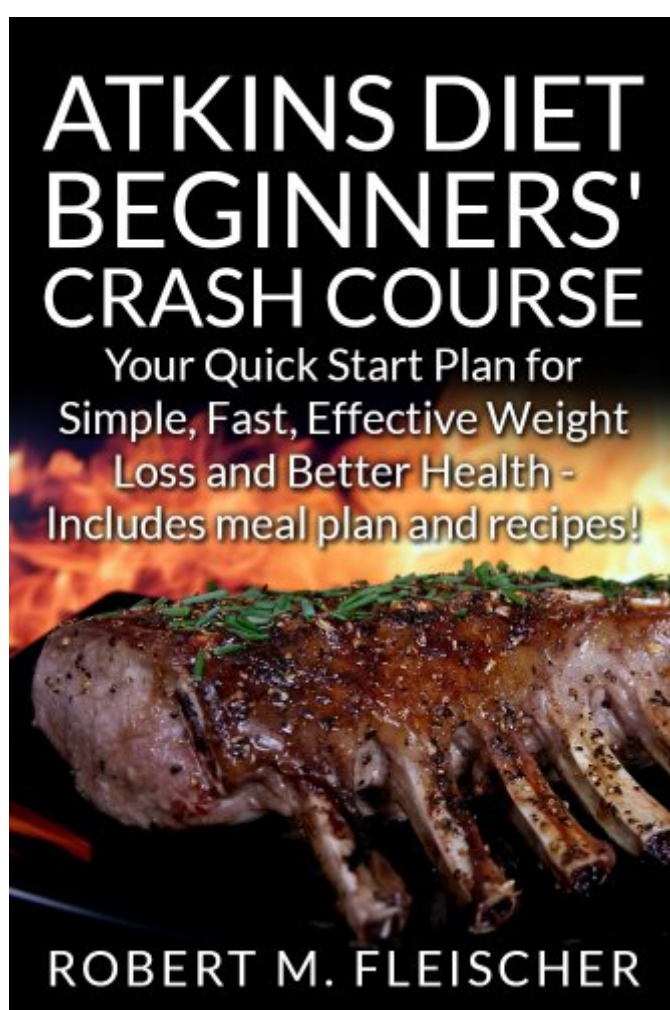


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# Atkins Diet Beginners' Crash Course: Your Quick Start Plan For Simple, Fast, Effective Weight Loss And Better Health - Includes Meal Plan And Recipes!



## 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

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## 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.

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