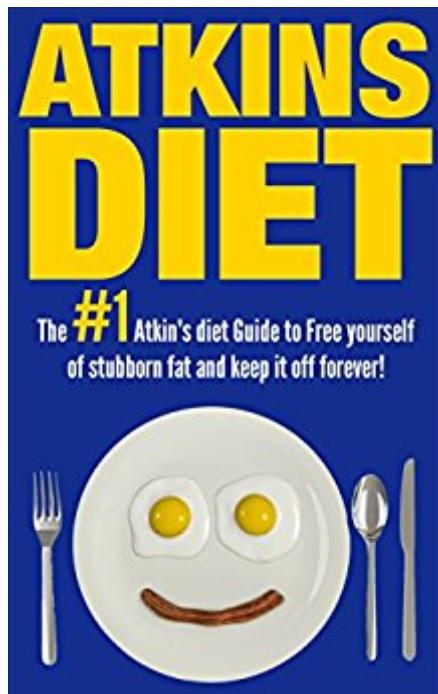


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# Atkins Diet: The 1# Atkins Diet Guide To Free Yourself Of Stubborn Fat And Permanently Keep It Off!(FREE BONUS) (Low Carb Diets, Food Counters, Low Carb, Two-Hour Health, Fitness & Dieting Short Reads)



## Synopsis

Lose Weight and Get Healthy on the Atkins Diet!When you download this book, you'll get a free gift: "20 Secrets to Dieting Success" •Weight loss involves more than just cutting out certain foods from your diet – you need to replace your bad eating habits with healthy ones. Atkins Diet: The #1 Atkins Diet Guide to Free Yourself of Stubborn Fat and Permanently Keep It Off explains the different elements of the diet. You'll learn how it works, and what you can do to get started today!Read this book for FREE on Kindle Unlimited – Download Now!When you download Atkins Diet: The #1 Atkins Diet Guide to Free Yourself of Stubborn Fat and Permanently Keep It Off, you'll learn about the 4 phases of the Atkins Diet:InductionOngoing Weight LossPre-MaintenanceMaintenanceLose the weight and keep it off with this easy-to-follow system!Atkins Diet: The #1 Atkins Diet Guide to Free Yourself of Stubborn Fat and Permanently Keep It Off also explains the 9 Rungs of the Atkins ladder:Foundation VegetablesSeeds and NutsBerriesYogurt and Whole MilkLegumesOther FruitsStarchy VegetablesTomato JuiceLow Sugar FruitsYou don't need a Kindle device to read this book – Just download a FREE Kindle reader for your smartphone, tablet, or computer!In addition to losing weight and maintaining your figure, the Atkins diet can also improve your energy levels, steady your moods, and avoid the cycle of sugar rush and crash. You can even lower your triglyceride levels, increase your HDL (good cholesterol), lower your blood pressure, and reduce your insulin and blood sugar levels!Check out some of the testimonials we have received!"I purchased this book because now that I'm getting older I noticed that my metabolism has slowed down and that I'm packing on weight in the wrong places. This book was very informative for me because it not only helps me with my food intake, it also helped me with the mental aspect of it which is probably the most important aspect of a successful diet. I highly recommend downloading this book."- Willard Dewitt"Since I am in health and fitness this book has added some tremendous value to my life. I love how it doesn't put the Atkins Diet on a pedestal and makes it an easy to understand manual that gives you helpful information. I'm in a phase in my health where I am cutting my weight and have noticed a change in my mental state. The reasons for my emotional up and downs all make since after I read this detail oriented book. Thank's Jack for bringing light to my journey to a happier, healthier body!"-Jay MayDon't wait another minute - Order your copy of Atkins Diet: The #1 Atkins Diet Guide to Free Yourself of Stubborn Fat and Permanently Keep It Off right away!You'll be so happy you did!Tags: Low Carb Diets, Food Counters, Low Carb, Two-Hour Health, Fitness & Dieting Short Reads, Atkins Diet, Weight loss

## Book Information

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## **Customer Reviews**

Your eyes will look like those on the cover page because you will wonder whether you've learned anything from this very short book. There's no substance. Just very basic information. Read the Atkins diet website instead.

Very basic information on Atkins diet. You can find better information online available for free. Don't waste your time and money.

A fine book on the atkins diet, which seems to be very effective. Informative and easy to read. I expected some recipes and there weren't any, but I see that it's really not that important because this book teaches to the right mindset for making your own diet.

Atkins diet is one of the most populat diets out there and this book very easily explains everything that you need to know about it. In this book it mostly covered topics of what is Atkins diet, it's benefits, mistakes etc. Even though there are quite a few recipe examples but what I liked most about it that it's not typical recipe book. After reading this book you change how you look at your eating habits, it helps you reverse your lifestyle to more healthy one.

In order to lose weight, we have to take back control of what we're eating. And that's where the Atkins Diet comes in. Some doesn't know what this diet plan is all about. That's is why I recommend this book which can give a lot of help to lose weight. In my own experience, you can never achieve your goals if you are lack of knowledge about it. Just discipline yourself and follow everything.

I like how the discusses the theory so you aren't stuck with only a set diet, so long as you can stay within the theory guidelines. But I also like how it gives an exact diet you could eat over 7 days, so you see an example of how the theory plays out and can follow an exact plan if you are more literal in nature. I have a friend who lost over 100 pounds on this diet so I know it works. I just started but have lost a pound a day already!!

For anyone looking to get their weight back on track you should definitely check out this book. The author does a great job of explaining low carb dieting and its benefits and the chapter on choosing your ideal carbohydrate level is particularly useful.

While making changes the most important of which would be changing your eating habits and what you keep in your fridge. Stocking up before you start the diet can actually help you with following through and making sure that you don't end up skipping certain steps. To help you with this, here's a list of the different food items that you can enjoy during Phase 1 of the Atkins diet.

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