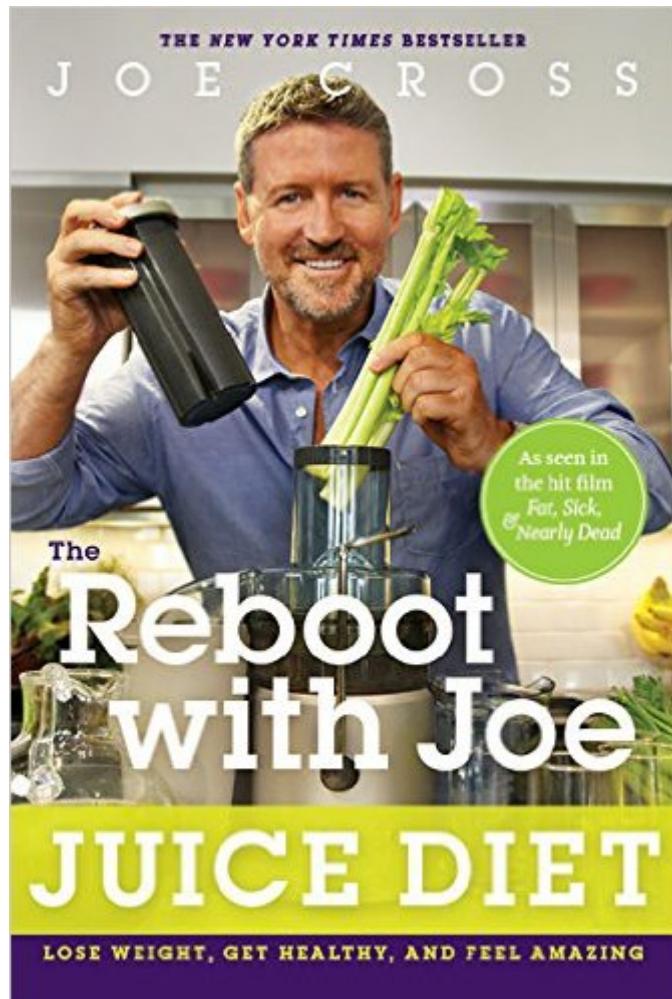


The book was found

The Reboot With Joe Juice Diet: Lose Weight, Get Healthy And Feel Amazing



Synopsis

New York Times Bestseller Joe Cross was fat, sick, and nearly dead until he harnessed the power of juice to reboot his diet--and his life. Since his documentary, *Fat, Sick & Nearly Dead*, was released in 2010 and became a worldwide sensation, Joe Cross has become a tireless advocate for the power of juicing. *The Reboot with Joe Juice Diet* brings us of the plan that allowed him to overcome obesity, poor health, and bad habits, and presents success stories from others whose lives he's touched. Joe--who managed to lose one hundred pounds and discontinue all his medication by following his own plan--walks you through his life before juicing, sharing his self-defeating attitude toward food and fitness, and brings you along on his journey from obesity and disease to fitness, a clean bill of health, and the clarity of physical wellness. In addition to sharing Joe's inspirational story, *The Reboot with Joe Juice Diet* gives readers all the tools they need to embark on their own journey to health and wellness, including inspiration and encouragement, recipes, and diet plans.

Book Information

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Customer Reviews

Lucky me scored an advanced copy and talk about a motivational speaker, Joe exudes inspiration without repeating himself over and over. I watched the movie 'Fat, Sick and Nearly Dead' for free on Prime (beats Netflix) and subscribe to Joe's free eMail newsletter but this is the first time I've paid for anything he has written and the \$ is well worth it. This book offers much more than the 'Reboot With Joe' website and blogs where you can sign up for some inexpensive personal coaching and he hosts frequent mini challenges that you can follow along for free. I've done 3 reboots in the last few years, my first was for 10 days, the second was 2 weeks and the third was 3 weeks and I continue

to do occasional weekend reboots. Reading the book is a perfect first step to gear up mentally and prepare yourself for what's to come. The first 3 days can be a bit difficult for some people because you want to chew something but you have to remember to drink plenty of fluid and keep yourself occupied with healthy thoughts. Wine lovers beware, grapes are a fruit and are allowed as juice, however, wine is not. It's a good idea to give up alcohol for at least several days before you start a reboot and flush that alcohol sugar out of your system or you may get overly sensitive and moody. Read the book and the blogs and gear up for your reboot, I guarantee you will be walking on clouds after day 3 and your steps will get lighter every day thereafter. New rebooters may hit a plateau after day 7-10 but you could easily go another 10 days if you keep your perspective. The weight will melt off and you will be inspired to continue but listen to Joe's sound advice about checking with your doctor.

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