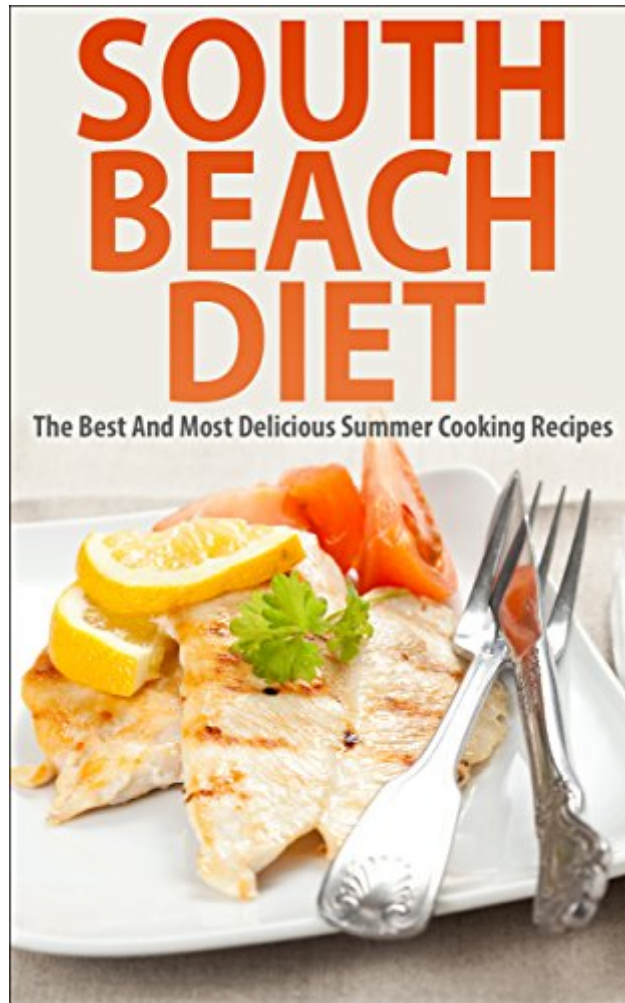


The book was found

South Beach Diet: Fast And Healthy Weight Loss, It's A Lifestyle



Synopsis

Lose Weight In Style Most people seek diets to lose weight. For that reason, most diets that were formulated earlier were drastic ones which cut down on the carbohydrate and fat intake in a diet's meals and forced them to reduce their calorie intake drastically. Many diets also consisted of an undue focus on one nutritious item while foregoing balanced meals for the sake of weight loss. Most of these diets had short term effects but led to long term adverse effects if no effects at all. At such a time cardiologist Arthur Agatston along with dietician Marie Almon designed a diet which served as an alternative to the low fat diets that were prevalent during the eighties. The diet became known as the South Beach diet which was formed with the main purpose to prevent heart diseases in people. This diet was formulated by Dr. Agatston to help his own patients in the early part of the millennium. The diet soon became popular and was considered by even those who wished to lose weight.

What You Will Discover Inside An introduction to the South Beach Diet What to expect on the South Beach Diet Everything you need to know about phase I Phase II of the Diet Phase III of the South Beach Diet Pros and Cons of the Diet Would You Like To Know More? This book contains some serious dieting secrets and techniques. The question is will you choose to use them to lose weight and look great or will you wake up tomorrow still unhappy with the body you've got? If you are ready to start losing weight and attain the body you've always wanted than scroll up and grab your copy of the South Beach Diet.

Book Information

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inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy

Customer Reviews

If you have ever paid attention to diets you have heard of the south beach diet. I never really paid attention to the specifics though. I never knew that it was originally designed to help heart patients. You will learn about each phase and what to expect. It will teach you how to cut the portions and how to cut out the carbs. It doesn't get really in depth about the particulars for it will get you started on your diet and you will start to see the inches melt away but in a healthy way and it will improve your health safely. I recommend it to get started. I received this book at a discount in exchange for my honest opinion

This was a pathetically short book (I read it in 20 minutes; I would have categorized it as an essay). It was either written in another language and poorly translated, or very badly written in English. It is really just an over-simplified summary of the original South Beach Diet book. It adds nothing. While very inexpensive, it was still a complete waste of money

From the reviews, I had an idea of the contents of this book. But since it was free, I downloaded it, anyway. As a South Beacher, I thought it might have something interesting that I didn't already know. More important, BECAUSE OF THE SUBTITLE ON THE BOOK COVER, I also expected recipes. NOPE!

After reading this informative review on the South Beach Diet, I am buying the book tomorrow. I am also buying a copy for a friend. After years on WWcore, I know that my 40's are requiring a different approach. I need to fill fuller longer. I can't wait to study this diet and hopefully, lose the 20 lbs that have been causing health and confidence issues.

I was very disappointed with this "book." The subtitle on the cover shown for the e-book says "recipes." There are no recipes or actual meal plans. This was simply an overview of the diet. That will teach me: don't judge a book by its cover!

This book was a waste of my money I wish would let you return digital items because this was not South Beach diet it was basically a review of the real book

Book is not the diet like it says- just buy the original! This was a waste of money!!!!It was just a way to confuse you into thinking you got the original!

Great diet for quick results and plenty to eat. I felt full as I watched the pounds drop off. I highly recommend this diet, and i"ve tried my fair share.

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