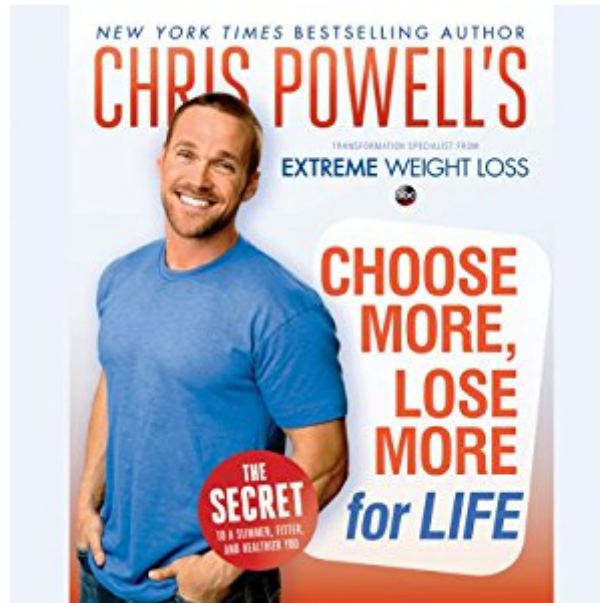


The book was found

Chris Powell's Choose More, Lose More For Life



Synopsis

Transform Your Body, Transform Your Life! Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, *Extreme Weight Loss*. Now, building on the basic weight-loss philosophy introduced in his bestselling book *Choose to Lose*, Chris has created a transformation plan anyone can follow - one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results. At the center of Chris Powell's *Choose More, Lose More for Life* is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles - Easy, Classic, Turbo, and Fit - to help you find a plan that fits you. Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on choices - including more than twenty new workouts called *Nine-Minute Missions* - that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own - one that lasts for the rest of your life! "If you want results - if you want to lose that weight and transform your life - you need to stop thinking about it and get going! You hold in your hand the map to an incredible path to success, and I'll be right beside you 100 percent, cheering you all the way to your finish line. You're choosing to make a healthy change, and I'm choosing you. It's going to be a wonderful journey for both of us!"

Shape Your Body in Just Nine Minutes Each Day
Find a Carb Cycle That's Made for You
Build in Cheat Days to Enjoy Foods You Love
Eat Carbs to Lose Weight
Transform Your Body, One Success at a Time

Book Information

Audible Audio Edition

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