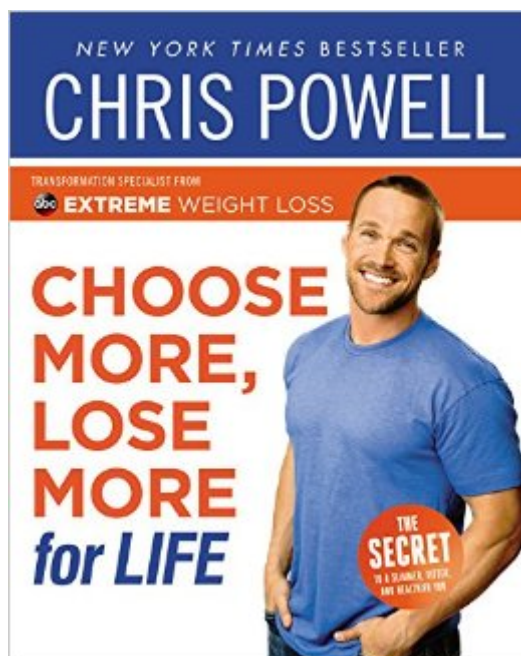


The book was found

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!

Book Information

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Customer Reviews

Carb cycling is not new to the body-building community but to the general public it is a newer concept. It is related to carb restriction, but provides more variety. The concepts in Chris Powell's "Choose More, Lose More for life" contain the following: "Choose More Lose More" presents 4

detailed Carbohydrate Cycling plans: The Easy Cycle is for those who are "just starting their journey." The Classic Cycle is the plan that gives you a "boosted metabolism with fast weight loss." The Turbo Cycle accelerates and intensifies carb-cycling results so you can reach your weight loss as quickly as possible. The Fit Cycle is for those who are already very active but "want to drop some weight." 9 minute missions: 20 different workouts designed for optimal results. Each workout is 9 min, and of course you can and are encouraged to, extend the workout longer. These exercises range from low intensity to high and are mostly calisthenic. They can be done at home or anywhere include: jogging in place, stepping side to side, jumping jacks, standing knee raises with boxing punches. All of these can raise the heart rate to the individual's desired levels. One of the major pluses to this workout is that you do not have to always 1. go low fat-high carb (which has proven to cause weight gain and hyper-insulinism in many people), nor 2. go high protein and high fat with low / restricted carb intake. You can mix up your eating lifestyle, lose weight, and improve your health. Also advocated, is eating 5 meals spread throughout the day to increase metabolism and maintain blood sugar levels. The book includes 35 recipes for main meals and snacks.

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Choose More, Lose More for Life Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Choose to Lose: The 7-Day Carb Cycle Solution It's Not Fair: Learning to Love the Life You Didn't Choose The Great American Health Hoax: The Surprising Truth About How Modern Medicine Keeps You Sick_How to Choose a Healthier, Happier, and Disease-Free Life I Choose To Be a Lady: Basic Life Lessons for Our Daughters Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Wheat Belly Cookbook: 150 Recipes to Help You Lose the Wheat, Lose the Weight, and Find Your Path Back to

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