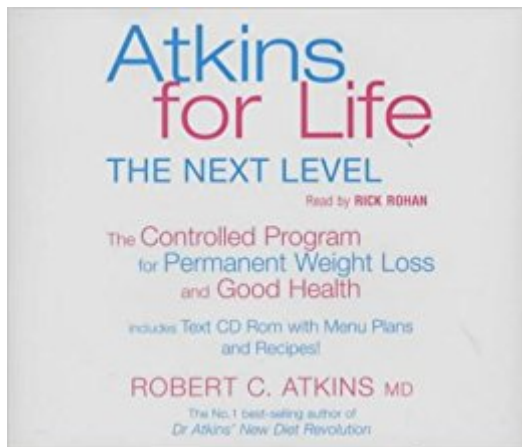




The book was found

Atkins For Life



Synopsis

Whether you've never tried Atkins, or you have but had difficulty "staying on" the plan, "Dr Atkins for Life" is for you. Filled with advice and tips on navigating the every-day challenges that come with eating low-carbohydrate in a high-carbohydrate world, the book provides a simple and straightforward maintenance program for anyone to follow. This book contains: 200 menu plans - over 6 months of menus with controlled carbohydrate counts; 125 recipes, including breakfasts, lunches and dinners; holiday meals and ethnic dishes; time-tested tips from those who've been there and won their battle with weight; and self-tests and quizzes to help you meet and stay with your goals.

Book Information

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[Authors, A-Z > \(A \) > Atkins, Robert C.](#) #557 in [Books > Health, Fitness & Dieting > Diets &](#)

[Weight Loss > Atkins Diet](#) #4470 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

As many people know, losing weight is often times easier than keeping it off. Atkins addresses this issue in his latest book, "Atkins For Life". The book "Atkins for Life" is an excellent resource book. It is filled with practical advice and tips on how to make your low carbohydrate weight loss a permanent success. Over the years Atkins name has been maligned and sneered at as he pioneered the idea that its not the fat in our diet that makes us fat its the excessive amounts of carbohydrates we have been consuming. The low fat diet was presented to Americans as the best way and the healthiest way to lose weight. However, recent research has revealed the low fat diet to be a miserable failure. As the fat has been taken out of the diet carbohydrates have been added in their place and many Americans have become obese and unhealthy. Dr. Atkin's proposal that eating less carbs can lead to weight loss and better health has been vindicated. The Atkins weight

loss method is a 4 step approach. Phase 1 INDUCTION is where you limit your carbs to 20 grams per day to jump start your weight loss program. Phase 2 OWL or ONGOING WEIGHT LOSS allows you to slowly add back carbs until you discover the amount of carbs you can eat and still lose weight. Phase 3 PRE-MAINTENANCE has you slow your weight loss by adding in more carbs so good eating habits become ingrained. And in Phase 4 LIFETIME MAINTENANCE you learn to enjoy a wider variety of foods and maintain your weight loss. This book "Atkins for Life" discusses each of the phases but is mainly concerned with Phase 4 LIFETIME MAINTENANCE. You can learn what to do to lose weight with this book, but for in depth information, you would be better off selecting "Dr. Atkins New Diet Revolution".

This book is a superior elaboration on Dr. Atkins' earlier diet books, and is well worth owning and reading. The Atkins diet, quite simply, works as advertised. This book explains how to manage the diet, and it is easy to read and understand. Please note that I am nobody's medical expert, nutritionist, or doctor. The comments here are those of a layman. As I explained in my review of one of Dr. Atkins' earlier books, in my experience this diet works precisely as Dr. Atkins says. I am a busy kind of guy (attorney) just like many of you. For me, a diet has to have two elements: I can't go around feeling hungry or weak while on it, and it has to work relatively quickly. Well, this diet does both. I can now wear clothes that I had never thought I would be able to wear again. In fact, I am now at the same weight I was at when I was in college. I literally never feel hungry now that I am on this diet, even at mealtime, and I go through the day never feeling that ghastly weak, craving feeling that a low-calorie regime entails. This was vitally important to me--during the day and frankly all the time, I simply must feel energised. This diet provides that in spades. When I tried the low-calorie approach I was constantly thinking about food. Not on this diet. On this diet you are in control--you are not ruled by your desire for food or looking forward to the next meal. As far as results go, all I can say is that results exceed all expectations. I'm back to where I was before I decided that there was a problem. I'm wearing suits I simply couldn't wear before I went on the Atkins program. Suits that have hung in my coatroom, staring balefully at me, for the past several years.

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