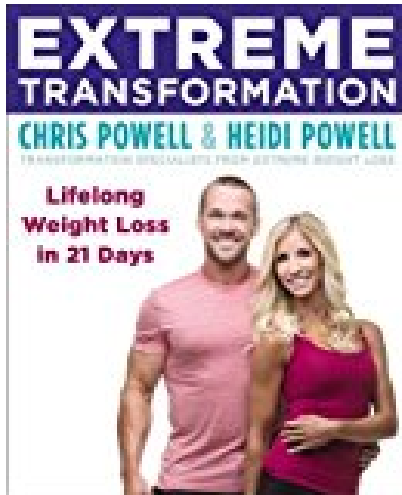


Extreme Transformation Lifelong Weight Loss in 21 Days



BOOK DETAILS

- Author : Chris Powell
- Pages : 320 Pages
- Publisher : Hachette Books
- Language : English
- ISBN : 0316339504

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BOOK SYNOPSIS

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chriss first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance-high-impact results in as little as three weeks.

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