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## Atkins: Break Out from the Fat Prison (Paperback)

By Steve Blum

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are You SICK of Bullshit Diets? The book Atkins: Break Out From the Fat Prison mentions complete details of the Atkins diet which is a great advantage for those people who want to reduce their weight while maintaining good health. While most diets consist of only the raw and tasteless ingredients like raw vegetables, being on fruits and completely avoiding alcohol all day the Atkins diet focuses only on eating a low carb diet, which does include high proteins and a fiber diet. Moreover, the Atkins diet also allows you to drink alcohol after the prescribed two weeks are over that is the first stage of the Atkins diet. In this book you ll learn: EXACTLY what to eat every meal - no more guesses.How to activate essential hormones in the fat burning processWhy you feel hungry and how to control your appetiteHow to win yourself and give up on junk food, sweets, and processed food In this book, you will find complete details of the Atkins diet and how to practice it, complete recipes of the meals, the diet...



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### Reviews

*Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Timothy Lynch**

*This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.*

-- **Leopold Schmidt**