

NEW YORK TIMES BESTSELLER

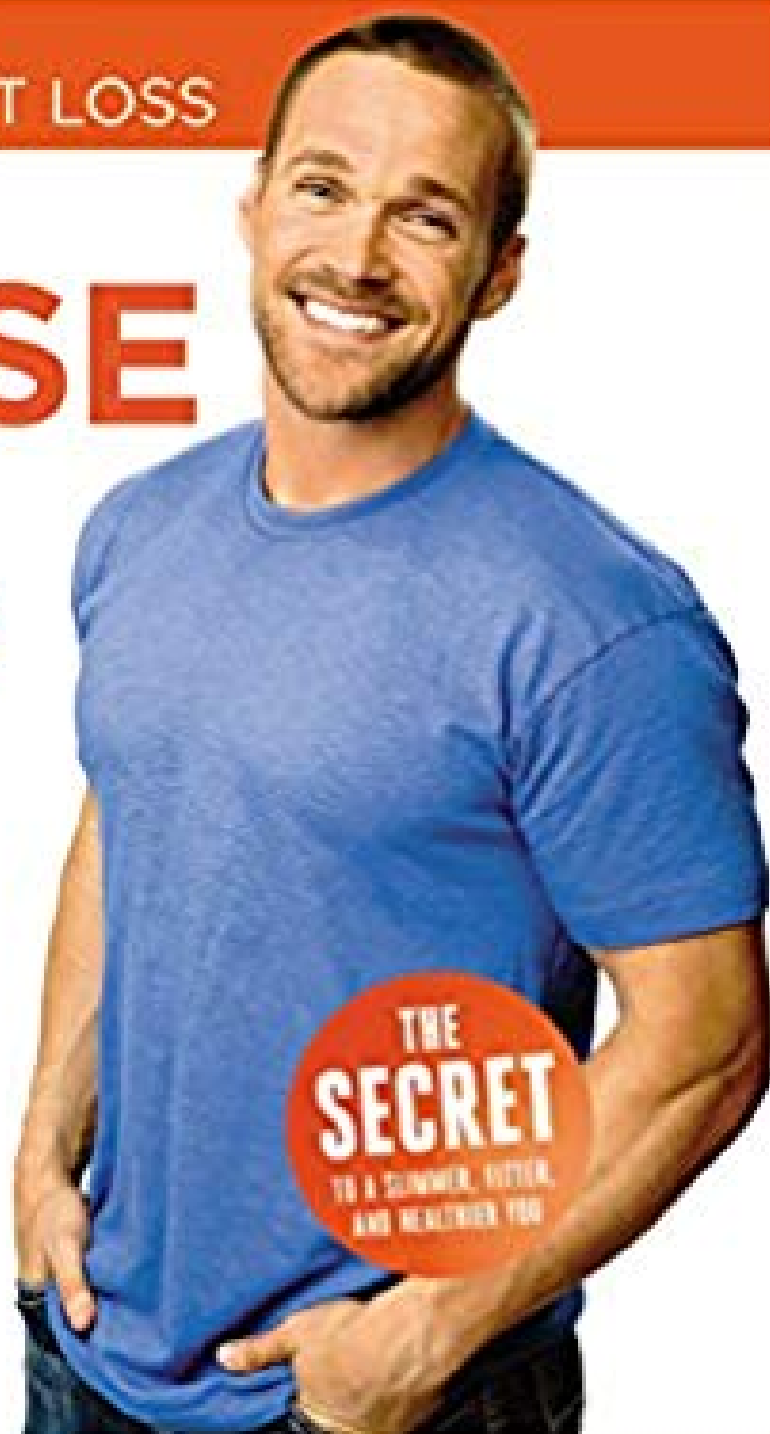
CHRIS POWELL

TRANSFORMATION SPECIALIST FROM



EXTREME WEIGHT LOSS

**CHOOSE
MORE,
LOSE
MORE**
for LIFE



**THE
SECRET**
TO A SLIMMER, FITTER,
AND HEALTHIER YOU

Chris Powell

Choose More, Lose More for Life



[continue reading](#)

Transform YOUR SYSTEM, Transform Your Life! Right now, building on the basic weight-loss philosophy released in his bestselling publication Choose to reduce, Chris has created a transformation program anyone can follow--one that recognizes that no weight-loss journey may be the same, and that even more options mean longer-enduring results. Each season, millions of viewers listen in to see Chris Powell lead incredible transformations on ABC's breakout hit reality-transformation show, Extreme Fat Loss. At the guts of Chris Powell's Choose More, Lose More forever is Chris's carb-cycling program, which kicks your fat burning capacity into full gear by alternating between low- and high-carb days. Therefore in this reserve, he focuses on choices--including a lot more than twenty fresh workouts called Nine-Minute Missions--that pack optimum results into minimal period. This publication provides four different cycles--Easy, Traditional, Turbo, and Fit--to support you in finding a plan that fits you. Powell provides all the details you need to get started and see immediate results. Been carb-cycling but have to shake issues up? No problem. Chris also realizes that weight loss plateaus when we get bored. Never carb-cycled before? He offers more delicious and easy recipes to keep you eating well, more tracking logs to maintain you motivated, and even more success stories to inspire you as you write your own--one that lasts for the others of your life!



[continue reading](#)

Pretty Good I've had success with diet plans during the past, and a friend recommended this one to me. Overall I was successful, but I finished up switching back to a previous program. Here's my breakdown: If you are going to do this you need to read through the complete book save the achievement stories. I didn't find them especially inspiring because I know what the largest Loser is about. I appreciated that this book went through the way the diet functions, why it functions, and then options are provided. The layout: The book is simple to follow. I purchased this reserve because I'd noticed the ballpark part chart the Powells use: palm, fist, thumb, and I decided to finally found a publication that breaks down the carb cycling procedure into an easy to understand program. I also needed a plan that worked for my family. When I got on the scale for my initial weigh in 5 pounds down. Example meals/dishes follow. That being said, I still experienced only gained a few pounds back again as the book stated would happen. Diet plan: I find the hardest strategy initially that was 2 low carb days, 1 high carb, 2 low carb times, 1 high carb, and a reward day. You continue doing this cycle for 3 weeks and the 4th week you get what he refers to as a "slingshot week" which is usually all high carb days for seven days. The initial two days were awful. From then on I felt great carrying out the diet, although on my 2nd low carbohydrate days I did experience low energy as the publication states you may. I'm a oral hygienist who at the job doesn't have even time to go to the bathroom, let alone consume every 3 hours. Five Stars Fantastic product - Great and fast delivery - Quality and ideal Delivery The book helps Pub cycling i want to drop 7 pounds immediately however the exercises are only for folks that are in first class physical shape. My struggle with the program was when I came to the slingshot week. A video representation of the exercises could have been much more effective. Problem 3 Okay, I'm splitting hairs, but do we really need success stories? If you are in it for the long term you will definitely still lose the fat. What I like about the plan is that it's designed for you to consume 5 meals 1 every 3 hours. I did so try some of the recipes in the book. I was keen on the beef mix fry, which is basically just less seasoned less than you'll normally make one. Usually I wasn't especially impressed with the examples. But this is a diet plan guide not really a Michelin celebrity guide correct! In hindsight I believe I will have picked a less strenuous plan. Easier strategy being even more high carb times and cheat foods. I was not capable to follow the dietary plan the whole week and ended up cheating a lot more than I should have. I was simply feeling especially impatient and guilty. So I started off strong and faded out around the 6th week. It really is broken into 2 types of exercise; Get the book! 9 minute missions certainly are a rotation of 3 exercises that you perform for different periods of time depending on what type of objective is assigned for the day. LOTS of exercises follow in the book and exercises are usually described with 3 pictures and text. For the cardio you focus on 5 minutes and you add time on in five minutes increments I believe once weekly. 3 days in. It was very hard for me to incorporate so many healthful carbs into that week. To successfully full the exercise in the morning I had to: read the exercises the night before and book tag each one, and in addition find out about what order/period increments I would be performing them in. I know I was starving myself before now I'm not I'm rating 5x a day. Stop starving you to ultimately lose weight. Overall I feel this book would be best for someone who is not really in a huge rush to lose excess weight or is fit and attempting to make use of his fitness weight loss program. I think I would have been more successful if I picked a more forgiving program. i didn't need the reinforcement or sell, just the info. If you are like me coming from a household that's used to eating dinner out, drinking wine, and have an irregular diet then pick the slower weight loss program. This is simply not that book. All the best to you! I know I'm sounding critical right out of the gate & most people will leave a review about the 'pros' before each goes to the 'cons'. If a person doesn't get rid of

weight by following this publication there is something wrong. This book has actually helped me very much. There is absolutely no magic tablet to lose excess weight and get healthy. It all depends on how much a person is ready to do and to sacrifice to attain a strong and happy healthy body. good quality content, fast read, some repetition Chris Powell is indeed inspiring on those intensive weightloss shows where people lose over 50% of their body weight (understanding that they are believed morbidly obese in those instances shown and they have to switch or die, literally), I had to see what the building blocks of this program was outside of hard working trusted old fashioned exercise. And this reserve is for the individual who is ready to work the program organized in this publication. Chris and his wife are really anointed to teach others how to achieve wellness. Great book. A wealth of wisdom and love are in this book. Get it to start your own private journey. Everything starts from the within of a person. At the core, this is about fundamental lifestyle change. this includes being honest with yourself, retraining your mind, making positive mental connections with actions that make you are feeling stronger, active, more energetic, thinner, etc. he includes exercise plans but most of all, a solid method of eating using carb cycling - with variations depending on your goals. its well worth the read to understand this theory as it does work to improve metabolism - and it produced me want to read other's perspectives on the same subject. Problem 1 The information you want is scattered through the book. a few of the reserve is a bit too motivational - like a silly rubber hammer blasting you on the head repeatedly - but you understand, this may really work for a few who may really need to hear that theme repeated (he's a motivational life coach in the end). My best tips is pick the plan you understand will REALLY function for you. my reason for reading was just being out of form and looking at this ultra suit dude who literally transforms peoples lives saying - if this functions for them, i gotta examine this. solid info, very quick read (done in two days), but also a good reference for food, daily habits, exercises, etc. Buy the book! I Read this book a year ago and started viewing what I ate. I lost 35lbs in six months. I began carb cycling and eating whatever I wanted on Sundays (in moderation). Exercise isn't my point so I would execute a few exercises through the entire low carb days. I was eating so many carbs for having less exercise I was doing (none). I was 190 and was uncomfortable in all my clothing.. The weight stays off as long as I don't overindulge. Thanksgiving put me back again at 173, but I focused after the holidays and it's back off. the 9 minute mission, and cardio. Get on track and feel better about yourself! Must buy! It works. There is no question in what I will be eating so when.. Shed 70#s using the book, thank you Chris! The book is fine. It offers you nutritious, real meals options, easy to follow exercises. The exercise: The exercise was my least favorite component of this plan only because it was hard to follow.. The book is okay. I'm sure if most people were to adhere to this way of consuming they'd probably lose weight. The 1st week I lost 8lbs. Even if my timetable weren't therefore hectic I question I'd ever have the discipline to make an effort and effort to food prep. This unfortunately doesn't work for me. I'm pretty more comfortable with workout, and I came across this method very confusing and time consuming... it's possible. I started really focusing on my health after some major family health issues this season, I lost a short 25 lbs by just walking i quickly started a yo-yo of 10 lbs.. I did a couple of the missions and none of the cardio. You need a lot of EFFORT to sort through this CONFUSING book I hate, absolutely hate, any kind of diet / meal strategy that requires complicated formulas, weighing, etc. 10 lbs down so far no backward yo-yo. Then each morning I referred back and forth to the workout instruction to complete it. Like a great many other programs there are example foods shown along with a suggested portion.?.... Completely Changed My Life! I am now 13 pounds from goal pounds because I took a chance in Carb Cycling. Many thanks Chris

and Heidi! Came in good shape It's a book Healthiest way to lose excess weight, no crazy diet foods I highly recommend this reserve for weight loss without a crazy "diet plan". I'm sure if most people were to follow . I also make use of Chris's "Transform" app which can help you follow this plan. Consecutive weeks I lost anywhere from 1 to 2 2 lbs..., just to eat. About 3/4 of the way through you can the meat and potatoes of the dietary plan plan. It'll work, and you will not do what I did that was total my transformation right into a deprived pizza monster. Much needed book This is such an excellent book. But this reserve is indeed poorly written, the info is definitely disorganized and conflicting that the 'cons' outweigh the 'pros' to the point that it's not worth your time and effort. he talks about training your "furnace" to burn calories better with a combined mix of food and exercise. There's no index in the back of the book, so if you're searching for a key word, e.g.. Problem 2 Understanding what portions go into a meal is VERY confusing. You're confronted with choosing between a hands size, or a measurement, or just how many calories go into a meal. Especially since I don't look after the healthy ones all that much.. IT WORKS I am a 44 year old woman incredibly fit and dynamic I do cross fit, interval training, Bikram yoga and boxing are a few of my obsessions. I eat perfectly smaller meals 5 to 6 a day but I had reached a rut I purchased this book to switch it up. And it's awesome from the next day on the plan I felt a notable difference not really in the weight but how I sensed . For this one you will need a food scale if you don't want to make use of your palm/fist for estimations. so for now it's successful! "calories", or "age" you'll have to examine from cover to cover and then tag them yourself... yassssss I only want to reduce like 8-10 but depending how Personally i think and look. I'm 5'4 and weighed 141 when I began now at 136 and likely to be consistent at least for six to eight eight weeks see where it requires me This reserve provides 3-4 diet plans based on how quickly you need to lose weight.. and absolutely no cravings for sugars at all ... so far this is operating great and my children want to follow along. I got the book and didn't even finish reading it simply jumped in and keep reading while I'm doing cardio. I wish she'd say even more on how best to overcome a plateau. It WORKS Chris is da bomb! Chris powell delivers.. We already bought the publication.as always...book offers alternate diets for individuals who tried his first without success. NOW I AM 165 and may breathe once again in my jeans. I definitely had some serious glucose withdrawal.



[continue reading](#)

download free Choose More, Lose More for Life e-book

download Choose More, Lose More for Life e-book

[download free The Miracle Carb Diet: Make Calories and Fat Disappear--with Fiber! mobi](#)
[download The Shift: How I Finally Lost Weight and Discovered a Happier Life djvu](#)
[download The Every-Other-Day Diet: The Diet That Lets You Eat All You Want \(Half the Time\)](#)
[and Keep the Weight Off mobi](#)