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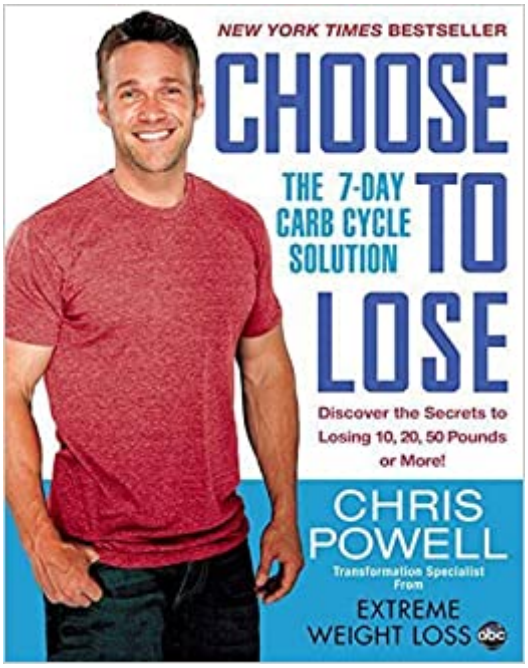
# Choose To Lose: The 7-Day Carb Cycle Solution

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## Synopsis

From celebrated fitness trainer Chris Powell, star of ABC's EXTREME WEIGHT LOSS, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in Choose to Lose, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his Carb Cycle Solution, you can drop pounds safely and quickly while learning how to listen to your body to optimize your overall health and fitness. Powell's easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only does Chris encourage you to eat carbs, he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love, because you can fine-tune the solution to suit your needs. Powell gives you complete control over your nutrition plus plenty of opportunities to indulge, and offers many delicious recipes to help you stay on track. If you work it, the Carb Cycle Solution may very well work for you--for the rest of your life.  With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: Change your mind, change your body.  - EAT MORE CARBS- BURN FAT- BUILD MUSCLE- QUICK-FIX RECIPES- NO GYM REQUIRED- CHEAT EVERY OTHER DAY

## Book Information

Paperback: 224 pages

Publisher: Hachette Books; Reprint edition (February 21, 2014)

Language: English

ISBN-10: 1401312608

ISBN-13: 978-1401312602

Product Dimensions:  7.2 x 0.8 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review:  4.3 out of 5 stars  771 customer reviews

Best Sellers Rank: #16,661 in Books (See Top 100 in Books)  #39 inÃ  Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb  #61 inÃ  Â Books > Cookbooks, Food & Wine > Special

Diet > Low Carbohydrate  #82 inÃ  Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Chris Powell is the star of ABC's primetime show, EXTREME WEIGHT LOSS. Chris holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS). He is a regular contributor to "Good Morning America" and "The Doctor Oz Show;" he has been the Transformation Pro on KTVK's "Good Morning Arizona" for the last eight years delivering tips, shortcuts, and tricks of the trade to the largest news viewing audience in Arizona. He came to national attention through a documentary on David Smith--the man who experienced the fastest natural weight loss in recorded history, dropping 400+ pounds in 26 months with Chris Powell as his advisor and trainer.

Good book. Same diet he has shown on the extreme weight loss show. I personally found it very difficult to follow but the book has tons of great ideas and lots of reasons to stay motivated!

It works, it's easy to stick to and it feels great!

This would be much better in print copy Best to go back and forth, exercises, meal planning, menu, shopping list etc...

Written in a simple to follow format. I have read several weight loss books that have had impossible recipes or guidelines for a 'normal person' to follow, and this one seems to be written for the ever day person in mind. With recipes and ingredients that everyone will be able to get, a 7 day diet regimen to follow, and an exercise plan that starts off attainable, this is not overwhelming at all. Finally something written for normal people in mind!

Love Chris &Heidi Powell, good info and easy to follow guide.

I have been eating this diet for 6 days and have lost 4lbs already and that is without exercise! I have Plantar Faciitis and am not able to exercise right now. This really works!!!!

I was inspired to buy his book after watching Extreme Makeover: Weight Loss Edition. I started

following the eating plan about a month ago and I've lost 8 lbs! I haven't started the exercises yet, but I am busy chasing around 4 young kiddos. I needed to get the eating plan ingrained in my head before adding something else :)I am so happy I bought the book and recommend it to everyone!!

This carb cycling plan has turned out to be the best diet and ultimately life plan for eating that I have ever encountered. First, it's easy for me and I feel assured that I can continue the maintenance phase for the rest of my life. Second, and very importantly, it is working well. In two weeks I've lost 7 pounds and 3 inches from my waist starting at 223 pounds and a 46" waist.

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