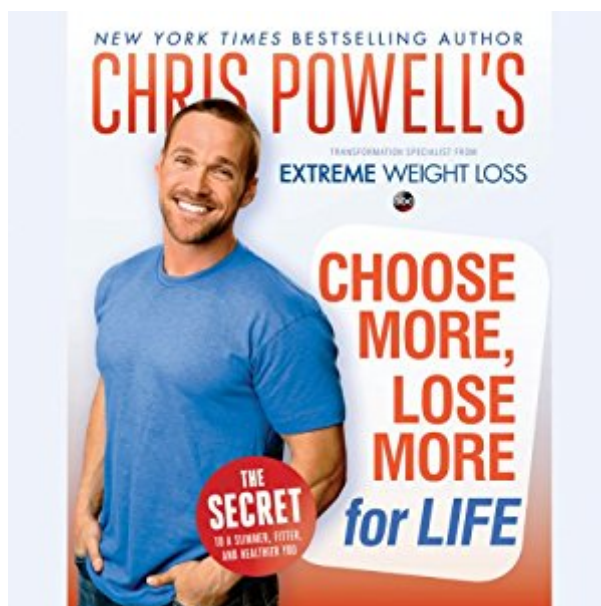


The book was found

Chris Powell's Choose More, Lose More For Life



Synopsis

Transform Your Body, Transform Your Life! Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, *Extreme Weight Loss*. Now, building on the basic weight-loss philosophy introduced in his bestselling book *Choose to Lose*, Chris has created a transformation plan anyone can follow - one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results. At the center of Chris Powell's *Choose More, Lose More for Life* is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles - Easy, Classic, Turbo, and Fit - to help you find a plan that fits you. Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on choices - including more than twenty new workouts called *Nine-Minute Missions* - that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own - one that lasts for the rest of your life! "If you want results - if you want to lose that weight and transform your life - you need to stop thinking about it and get going! You hold in your hand the map to an incredible path to success, and I'll be right beside you 100 percent, cheering you all the way to your finish line. You're choosing to make a healthy change, and I'm choosing you. It's going to be a wonderful journey for both of us!" *Shape Your Body in Just Nine Minutes Each Day Find a Carb Cycle That's Made for You Build in Cheat Days to Enjoy Foods You Love Eat Carbs to Lose Weight Transform Your Body, One Success at a Time*

Book Information

Audible Audio Edition

Listening Length: 5 hours and 42 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio

Audible.com Release Date: January 21, 2014

Language: English

ASIN: B00HHH3KBK

Best Sellers Rank: #71 in Books > Audible Audiobooks > Health, Mind & Body > Exercise &

Fitness #241 inÂ Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #1663
inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

[Download to continue reading...](#)

Chris Powell's Choose More, Lose More for Life Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) The California Gold Rush: An Interactive History Adventure (You Choose Books) (You Choose: History) The Underground Railroad: An Interactive History Adventure (You Choose Books) (You Choose: History) Chinese Immigrants in America: An Interactive History Adventure (You Choose Books series) (You Choose: History) The Amazing Bud Powell: Black Genius, Jazz History, and the Challenge of Bebop Godzilla Kingdom Of Monsters #4 Cover A Eric Powell Cover Down the Great Unknown: John Wesley Powell's 1869 Journey of Discovery and Tragedy Through the Grand Canyon The Art of Command: Military Leadership from George Washington to Colin Powell Case Management: A Practical Guide for Education and Practice (NURSING CASE MANAGEMENT (POWELL)) Lake Powell: A Photographic Essay Of Glen Canyon National Recreation Area (Companion Press Series) If I Can't Have You:: Susan Powell, Her Mysterious Disappearance, and the Murder of Her Children The Education of Kevin Powell: A Boy's Journey into Manhood Summary of Never Split the Difference: By Chris Voss and Tahl Raz: Negotiating As If Your Life Depended On It American Sniper Chris Kyle: Life and Death of the Most Lethal American Sniper (American Military History Book 1) The Fast Metabolism Diet: Eat More Food and Lose More Weight The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life

[Dmca](#)