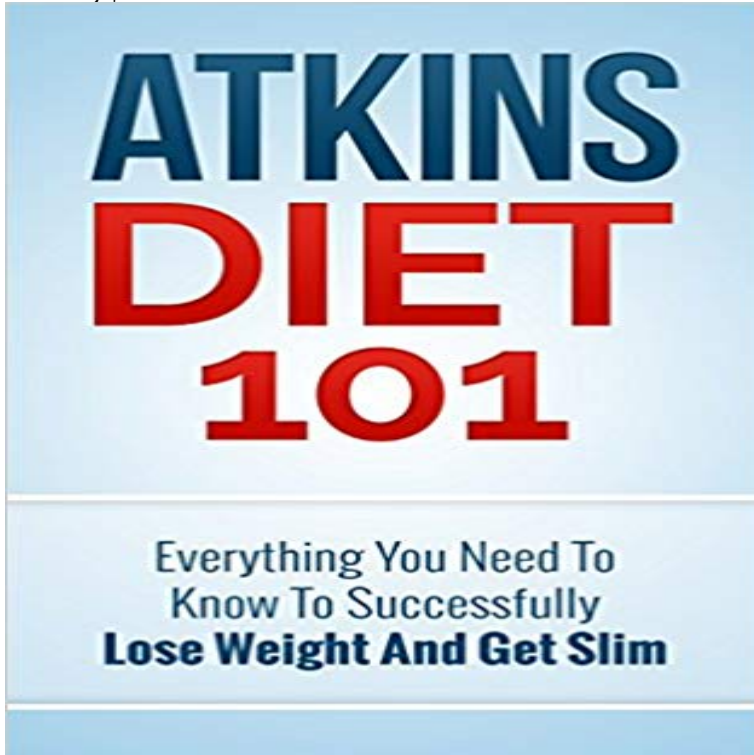


Atkins 101: Everything You Need To Know To Successfully Lose Weight And Get Slim



This book is not just for people that are looking for a way to lose weight; it is for those that want to make a healthy life style change. Sure losing weight is definitely a focus if you are reading about the Atkins diet, but, we want it to be more. Just losing a few pounds isnt going to get you to change your habits and make your life a healthier one; learning to eat the Atkins Diet way will. This book is for those people that want to learn how to make healthier choices and to know why those choices matter in the scheme of life. It is for those that want to lose weight for health reasons or simply for the sake of appearance. It is for those that want to know the good and bad about foods; what to eat and what to avoid at all cost. In a nutshell this book is for those people that want to be healthy and live rich, energetic, and full lives. Lets get started on the journey to healthy with the Atkins Diet.

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