



Carb Cycling for Everyone: The Ultimate Guide to Carb Cycling (Paperback)

By Jennifer Cane

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get Started on the Path to a Newer, Healthier You For the first time, two of the best books on carb cycling have been published together in one single collection. Carb Cycling for Everyone - The Ultimate Guide to Carb Cycling offers valuable insight into the carb cycling phenomenon that is sweeping the world. Carb Cycling for Everyone - The Ultimate Guide to Carb Cycling contains the following books: Carb Cycling for Beginners - Learning to Live a Healthy Lifestyle by Nicole Harrington Carb Cycling - Get Shredded, Improve Your Health and Regain Your Life with Carb Cycling by Deanna Massey From the description of Carb Cycling for Beginners by Nicole Harrington Losing weight can be an extremely difficult process for many people. Even worse is that many people think weight loss is simple, and that if you aren't losing weight you aren't working hard enough. These folks believe that because weight loss is easy for them, it must be equally easy for everybody else. But dieting is not a one-size-fits-all type of activity. Some of the most serious dieters...



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