



## Atkins Diet: The Beginner s Guide to an Effective Atkins Diet (with Over 50 Low Carb Atkins Diet Recipes for Weight Loss) (Paperback)

By J J Lewis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Discover the Beginner s Guide to an Effective Atkins Diet By Reading this Book you will learn why choosing the Atkins Diet is one of the most popular, effective and easiest to follow diets today. All Atkins Diet Recipes are accompanied by Captivating Photos! Click the Buy button and Start cooking the Atkins for Beginners at Home The Atkins Diet has been a diet that people have used to lose weight for years. The primary obstacle that dieters face when on the Atkins Diet is how to avoid the bad habits and pitfalls that caused them to be overweight to begin with. By establishing a healthy diet plan and habits, such as low-carb eating and no skipping of meals, while also finding ways to deal with emotional issues (stress) that could possibly influence you re eating habits, you will be well on your way to a healthier, better-feeling and more confident you! Keep in mind, it will get easier over time because your strategies to keep the pounds off will eventually become like second nature to you and require...



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