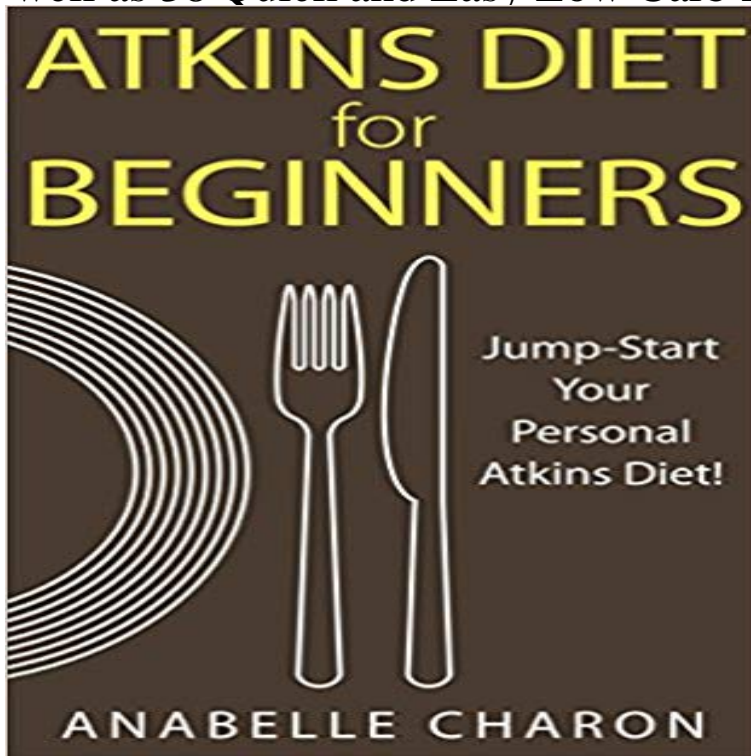


## Atkins Diet for Beginners: An All-inclusive Guide To Jump-Start Your Personal Atkins Diet For Lasting Weight Loss and Healthful Living. As well as 38 Quick and Easy Low Carb Atkins Recipes!



An easy, sensible way to get a slim, healthy body without hunger pangs or feeling deprived? Imagine pulling your belt tighter because your pants somehow got bigger. Imagine the feeling of knowing that soon you'll be pulling it tighter again (or buying smaller pants) as your waist, hips and rear end get even slimmer. You don't have to suck in your gut as much because there's less of it. Imagine your doctors raised eyebrows and big smile when he/she sees such big improvements in your vital signs and test results. Now imagine the confidence of knowing that you're in control of your weight and health. You won't gain the weight back (unless you want to). People using the Atkins diet report losing 20, 30, 50, 100 and even more than 200 pounds, with matching health benefits and they still get to enjoy bacon, eggs, butter and more. Sounds impossible? Truth is, the Atkins approach has been used successfully by people since 1965, when Dr. Robert Atkins first appeared on The Tonight Show to promote it. Atkins Diet for Beginners is a very simple-to-understand guide. You can use it now to start looking great and feel better without the misery of feeling hungry or deprived. Start reading and in as little as an hour, you will quickly and easily understand: What an Atkins diet is How easy it is to start The four phases of the Atkins diet How and why it works How it causes your body to shed weight Why you won't feel hungry or deprived Atkins Diet for Beginners is also jammed with easy breakfast, lunch, and dinner recipes. Snack and dessert recipes, too! So you can start preparing meals and losing weight right away.

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