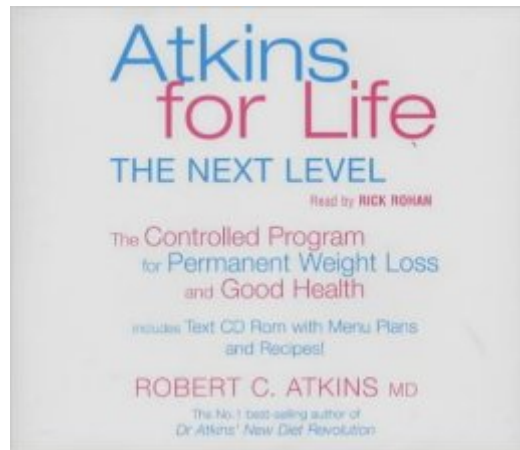


The book was found

# Atkins For Life



## Synopsis

Whether you've never tried Atkins, or you have but had difficulty "staying on" the plan, "Dr Atkins for Life" is for you. Filled with advice and tips on navigating the every-day challenges that come with eating low-carbohydrate in a high-carbohydrate world, the book provides a simple and straightforward maintenance program for anyone to follow. This book contains: 200 menu plans - over 6 months of menus with controlled carbohydrate counts; 125 recipes, including breakfasts, lunches and dinners; holiday meals and ethnic dishes; time-tested tips from those who've been there and won their battle with weight; and self-tests and quizzes to help you meet and stay with your goals.

## Book Information

Audio CD

Publisher: Macmillan Audio Books (July 4, 2003)

Language: English

ISBN-10: 1405034130

ISBN-13: 978-1405034135

Product Dimensions: 5.6 x 1 x 4.9 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (145 customer reviews)

Best Sellers Rank: #13,283,720 in Books (See Top 100 in Books) #7 in [Books > Books on CD > Authors, A-Z > \( A \) > Atkins, Robert C.](#) #557 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #4470 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

As many people know, losing weight is often times easier than keeping it off. Atkins addresses this issue in his latest book, "Atkins For Life". The book "Atkins for Life" is an excellent resource book. It is filled with practical advice and tips on how to make your low carbohydrate weight loss a permanent success. Over the years Atkins name has been maligned and sneered at as he pioneered the idea that its not the fat in our diet that makes us fat its the excessive amounts of carbohydrates we have been consuming. The low fat diet was presented to Americans as the best way and the healthiest way to lose weight. However, recent research has revealed the low fat diet to be a miserable failure. As the fat has been taken out of the diet carbohydrates have been added in their place and many Americans have become obese and unhealthy. Dr. Atkin's proposal that eating less carbs can lead to weight loss and better health has been vindicated. The Atkins weight

loss method is a 4 step approach. Phase 1 INDUCTION is where you limit your carbs to 20 grams per day to jump start your weight loss program. Phase 2 OWL or ONGOING WEIGHT LOSS allows you to slowly add back carbs until you discover the amount of carbs you can eat and still lose weight. Phase 3 PRE-MAINTENANCE has you slow your weight loss by adding in more carbs so good eating habits become ingrained. And in Phase 4 LIFETIME MAINTENANCE you learn to enjoy a wider variety of foods and maintain your weight loss. This book "Atkins for Life" discusses each of the phases but is mainly concerned with Phase 4 LIFETIME MAINTENANCE. You can learn what to do to lose weight with this book, but for in depth information, you would be better off selecting "Dr. Atkins New Diet Revolution".

This book is a superior elaboration on Dr. Atkins' earlier diet books, and is well worth owning and reading. The Atkins diet, quite simply, works as advertised. This book explains how to manage the diet, and it is easy to read and understand. Please note that I am nobody's medical expert, nutritionist, or doctor. The comments here are those of a layman. As I explained in my review of one of Dr. Atkins' earlier books, in my experience this diet works precisely as Dr. Atkins says. I am a busy kind of guy (attorney) just like many of you. For me, a diet has to have two elements: I can't go around feeling hungry or weak while on it, and it has to work relatively quickly. Well, this diet does both. I can now wear clothes that I had never thought I would be able to wear again. In fact, I am now at the same weight I was at when I was in college. I literally never feel hungry now that I am on this diet, even at mealtime, and I go through the day never feeling that ghastly weak, craving feeling that a low-calorie regime entails. This was vitally important to me--during the day and frankly all the time, I simply must feel energised. This diet provides that in spades. When I tried the low-calorie approach I was constantly thinking about food. Not on this diet. On this diet you are in control--you are not ruled by your desire for food or looking forward to the next meal. As far as results go, all I can say is that results exceed all expectations. I'm back to where I was before I decided that there was a problem. I'm wearing suits I simply couldn't wear before I went on the Atkins program. Suits that have hung in my coatroom, staring balefully at me, for the past several years.

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

Class Act: The Jazz Life of Choreographer Cholly Atkins  
A Life in Secrets: Vera Atkins and the Missing Agents of WWII  
Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health  
Atkins for Life New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great.  
Atkins' Molecules  
Afghanistan: Between Hope and Fear (Louann Atkins Temple Women & Culture)  
The Railway: Art in the Age of Steam (Nelson-Atkins

Museum of Art) Ed Atkins: A Seer Reader Experiments in a Jazz Aesthetic (Louann Atkins Temple Women & Culture Series) Experiments in a Jazz Aesthetic: Art, Activism, Academia, and the Austin Project (Louann Atkins Temple Women & Culture Series) Dr. Atkins' New Diet Revolution Low Price CD Atkins Diabetes Revolution CD Dr. Atkins' New Diet Revolution CD Atkins Diabetes Revolution CD: The Groundbreaking Approach to Preventing and Controlling Diabetes LIFE The Royal Wedding of Prince William and Kate Middleton: Expanded, Commemorative Edition (Life (Life Books)) Life Insurance Made Easy: A Quick Guide - Whole Life Insurance Policy and Term Life Insurance Coverage Questions Answered Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) The Wait: A Powerful Practice for Finding the Love of Your Life and the Life You Love The Secret Life of Pets Little Golden Book (Secret Life of Pets)

[Dmca](#)