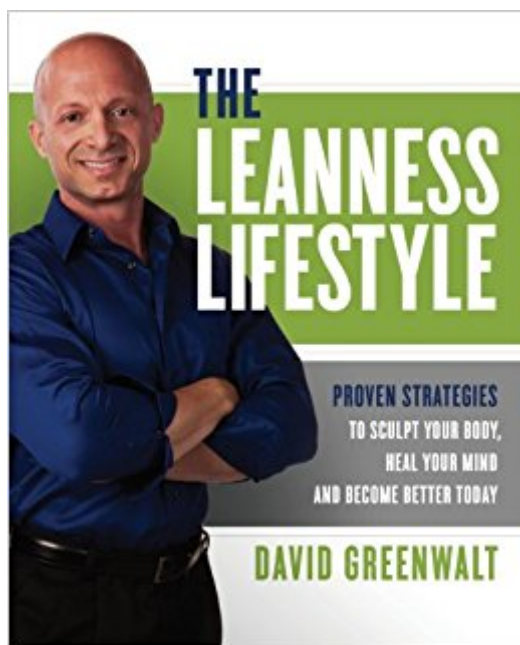


The book was found

The Leanness Lifestyle



Synopsis

The Leanness Lifestyle is a complete body-transformation resource for women and men sick of dieting and ready to permanently lose weight and get in shape.

Book Information

Paperback: 476 pages

Publisher: Self-published (August 2002)

Language: English

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ISBN-13: 978-0971819801

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (58 customer reviews)

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Customer Reviews

In November of 2006, I was topping the scales at around 385, if I had to make a good guess. I looked like crap, I felt like crap, and I knew that at some point in my life (if I still wanted to HAVE a life), I would have to make a change. So I did what a lot of other people did. I was a serial fitness book/gadget buyer who dabbled in everything from Body For Life to Beachbody to Nutri-System to who-knows-what-else. I was no stranger to the Leanness Lifestyle program, either. Some years earlier, I had signed up and lost fifty pounds in a few months. But because I couldn't get my head out of all the misinformation and confusion out there, I lumped it in with all of my other failed attempts and chalked it up as just "one more thing on the pile."Fast-forward to September of 2007. Here it was a year later, and in my doctor's office I discovered I was a little lighter (377 this time), but not enough to get me out of the morbidly obese category. Something had to change - I was 47 years old, and the prospects of reaching 50 weren't looking so good. I don't know why, but I remembered the Leanness Lifestyle program, and I decided that maybe it was worth another shot. That was about four months ago. As I write this, my weight is currently 316. And STILL dropping. What you need to understand when purchasing this book, is that if you've come to it looking for the "magic pill", the diet-that-works-overnight-without-having-to-exercise-one-freakin'-day, or some "ancient Chinese

Secret" that its author picked up during his travels along the Great Wall, then you need to put down your credit card and back away from the PC. The word "LIFESTYLE" is not in the title for nothing, folks, because that's exactly what this is.

I just happened across this author one day online when I was ready to make a change in my health and appearance. I am so lucky I did. This is simply the most powerful book on physical transformation and the mindset and nutrition needed to get there that I have ever come across. I'm an avid reader in the personal development field and love the gurus like Tony Robbins, Brian Tracy and Zig. I consider myself well educated in fitness, having played college football and having trained with weight for over 20 years. I picked up a lot of knowledge along the way. Greenwalt truly combines fitness and motivation and is a selfmade expert in both. Greenwalt has done his homework and done it well. This book is an incredible resource on weight training, nutrition, cardio, body composition, and the psychology of motivation and choice to change. This is not a book about quick fixes or hype in anyway but this book works. I've not been following it perfectly but I've lost 6 pounds of fat and gained 3 pounds of muscle in 1 month and I couldn't be more excited about my new lifestyle. My favorite parts of the book, are percentile charts that show how you rank against others in your age group for weight and bodyfat. This book is the first place I have seen documented how much lean muscle weight you can actually gain in a given time period. The section on nutrition is fascinating and outlines just how many calories a person can consume given there activity level and reach their desired weight loss goals. There is a formula in here for everything. The chapters on Goal Setting and motivation are great.

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