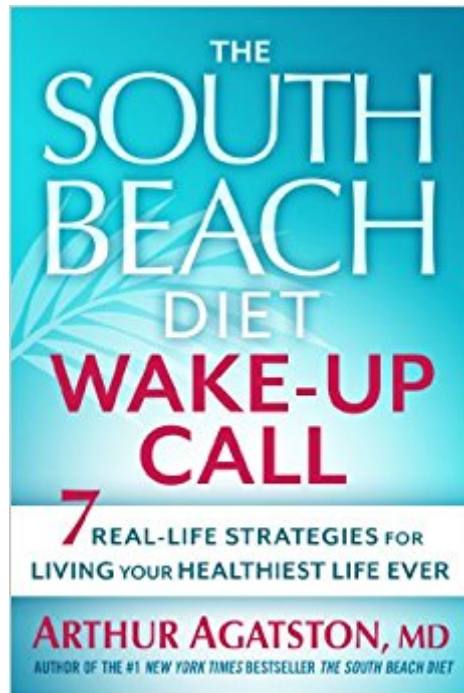


The book was found

The South Beach Diet Wake-Up Call: 7 Real-Life Strategies For Living Your Healthiest Life Ever



Synopsis

From Arthur Agatston, M.D. the creator of the South Beach Diet comes a call to change the fast-food, sedentary way of life that's aging us quickly and killing us slowly. Both a galvanizing call to action and an easy-to-follow plan for reversing and healing a toxic lifestyle, *The South Beach Wake-Up Call* is the urgent message that no reader can afford to ignore. It includes:- 7 simple sustainable strategies for age-reversing, lifesaving weight loss- The South Beach Gluten Solution to improve symptoms in sensitive individuals- The Wake Up and Move 2-Week Quick-Start exercise plan- 32 all-new recipes from breakfasts to desserts using megafoods

Book Information

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Customer Reviews

If you are familiar with the famous *The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss*, then you have probably heard of the author, Dr. Arthur Agatston. If not, *The South Beach Diet* is a 3 phase semi-restrictive program designed for healthy weight loss. His follow-up book, *The South Beach Wake-Up Call* is meant to be just that - a way to raise the awareness of everyone about the impact of highly processed, sugar-laden foods with a sedentary lifestyle. While this will not really come as a surprise to anyone, when someone holds the consequences up in your face, it becomes much harder to ignore. That is the purpose of this book - to actually show us what we are doing to our health and what to do about it. This book is easy to read due to the excellent formatting. The entire book is made up of small sections that make it easy to pick it up and continue from anywhere. The book is basically a problem / solution guide

that is broken down into 3 sections: Part 1- The Health of Our Nation: Condition Critical. This section has 9 chapters defining the problem with today's lifestyles. I really love books like this that have solid information without a lot of useless babble. The author does a great job of exploring the problems in today's environment, citing examples of real life patients. I really enjoy the way he explains the medical information in easy-to-understand format without a condescending tone. This part is the real wake-up call.

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