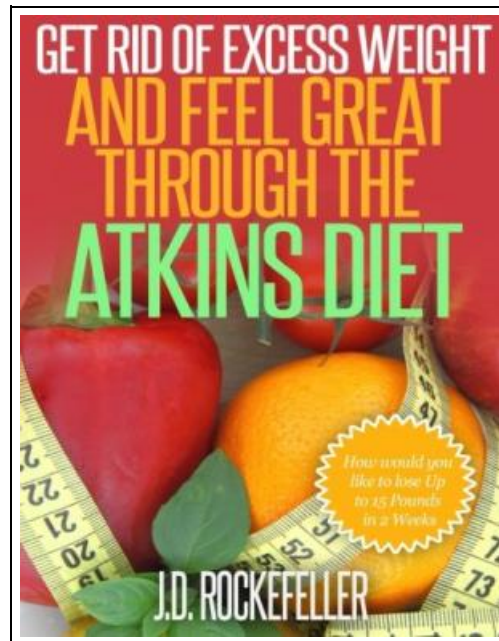


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you finding it difficult to lose weight? If yes, you need to try out the Atkins diet. The Atkins diet was promoted by Robert Atkins, who was so impressed by a research paper, titled Weight Reduction he read in the Journal of American Medical Association, that he decided to try it out on himself. It worked in helping him reduce his weight and he decided to introduce it to other people as well. He wrote a number of books to popularize this method of losing weight, including Dr. Atkins Diet Revolution (1972), Dr. Atkins New Diet Revolution (2002) and The New Atkins for a New You (2010). His latest book The New Atkins for a New You included what had been learnt in the last decade and also included a number of nutrient-rich foods that dieters could try out. The Atkins Diet has been criticized and applauded at the same time. But the fact that it has survived for over 30 years shows that it does work and it has helped many people lose weight as well as maintain their ideal weight. This guide will introduce to you the concept of how Atkins diet works, the different phases of the diet, how you can incorporate it in your daily schedule while eating in or eating out, and how it can provide benefits for your health. So, let s get started and lose some weight!.



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