



Eat Carbs, Lose Weight: Drop All the Pounds You Want without Giving Up the Foods You Love

Denise Austin, Amy Campbell

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After a brief attempt to restrict carbs, bestselling author and fitness guru Denise Austin searched for a diet that would allow her to eat carbs and not gain weight.

She teamed with Joslin Clinic nutritionist Amy Campbell, and together they created this satisfying, delicious eating plan. Now carb lovers everywhere are discovering how carbs are actually *essential* for weight loss and that they can have their bread and pasta and still shed unwanted pounds.

Readers will learn a whole new approach to nutrition that they can actually imagine following?and enjoying?for the rest of their lives. This step-by-step, 4-week plan can help them:

- boost their energy level and reduce cravings in just days
- lower blood sugar, triglycerides, cholesterol, and blood pressure
- lose up to 8 pounds and drop a full dress size in 4 weeks!

As one grateful dieter, who lost 7 pounds and 4 1/2 inches in 4 weeks, wrote to Denise: "*Eat Carbs, Lose Weight* is perfect: I get to eat regularly, I never feel hungry, and I have plenty of energy. I no longer have specific rules for carbs and fats. It's so liberating!"

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From reader reviews:

Anthony Chan:

This Eat Carbs, Lose Weight: Drop All the Pounds You Want without Giving Up the Foods You Love book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is information inside this e-book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This Eat Carbs, Lose Weight: Drop All the Pounds You Want without Giving Up the Foods You Love without we recognize teach the one who reading it become critical in considering and analyzing. Don't possibly be worry Eat Carbs, Lose Weight: Drop All the Pounds You Want without Giving Up the Foods You Love can bring when you are and not make your bag space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This Eat Carbs, Lose Weight: Drop All the Pounds You Want without Giving Up the Foods You Love having good arrangement in word and layout, so you will not experience uninterested in reading.

Ashley Paul:

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