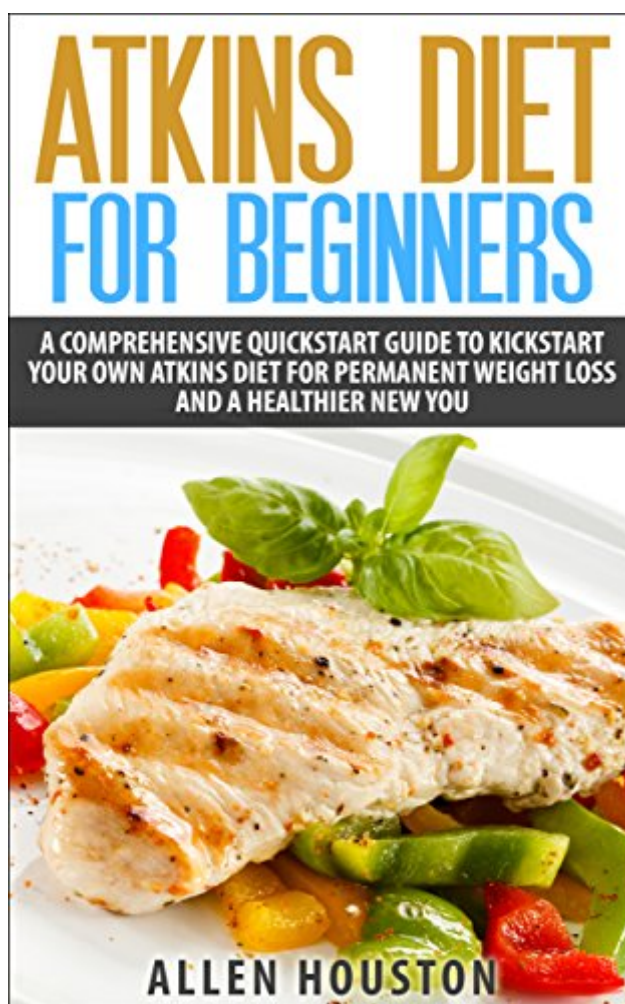


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# **ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss And A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1)**





## Synopsis

Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You" Why are my friends able to lose weight successfully while still enjoying the foods they like? How can it be happening? How do I avoid those supplement weight loss pills or even those promising weight loss tea that doesn't work? How can I reach my targeted weight within 3 months without counting the number of calories day after day, meal after meal?" Look, I understand you have a lots of question in mind. You will probably be asking what is this Atkins Diet craze all about? How does it work? Does it really work? Will it work for me? What are the things I need to take note of? How do I start the diet the correct way? Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You No more spending huge amount of money on trying to lose weight. Say NO to counting of calories day in and day out. The missing puzzle is already available in our daily life, especially in our intake of foods. Know the types of food to avoid and the types of food to consume for a better health. Enjoy losing weight while enjoying the foods you like. What You'll Learn In This Book... How Does Atkins Diet Work Maximize Your Chances of Dieting Success Using Atkins Diet Different Phases Of Atkins Diet Explained Weight Maintenance Of Atkins Diet 14-Day Atkins Diet Meal Plans BONUS: Atkins Diet Dessert Recipes Atkins Diet For Beginners book will cover all the details you need to start out your very own Atkins Diet program. This book will save you both time and money, in which at the same time achieve the results you want. 3 FREE Bonus Books Included! Download Your Copy Now! Find out what is missing for you and take massive, consistent action today!

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## Customer Reviews

There are so many typos and grammatical errors in this book that I cannot read it. I read through four chapters, hoping it would improve, but no luck. I honestly thought I was being "punked." How does something like this get published?

This book is... just not good. It's wildly unspecific and very vague. If you're looking for real information about the Atkins diet I would look elsewhere.

This is less than 1 star. The typos and misspellings in this book made it impossible to read and understand. It's junk.

Poorly written. Many grammar errors. Poor sentence structure, repetitive, and lacks continuity. Don't waste your money.

Not worth the money, learned very little about the Atkins's Diet

This book is written and organized very poorly. Seems as if written in a rush, and underwent a poor editing process as well. Meal plans are inconsistent with a random collection of recipes. If you are interested in the Atkins diet, there are better books out there.

I've been searching for a good resource book that teaches Atkins Diet and I am glad that I found this wonderful book. It is highly valuable and gave me great inputs. A must read for anyone looking to learn about Atkins Diet.

I've tried so many diets and so far I like Atkins diet the best. In this book you can find so much about it and also how to swap from one phase to another and when to do it! The recipes that you'll find

here are soo delicious and I love them all! Also, as a bonus you'll get few books on diets and other recipes. Enjoyed it!

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