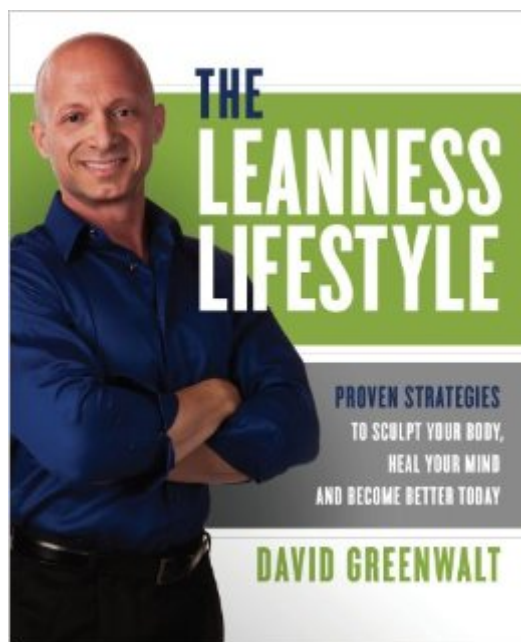


The book was found

# 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

ISBN-10: 0971819807

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)

Best Sellers Rank: #1,414,392 in Books (See Top 100 in Books) #44 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > New England](#) #2455 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique](#)

## 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.

[Download to continue reading...](#)

The Leanness Lifestyle Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) Practical Paleo, 2nd Edition (Updated and Expanded): A Customized Approach to Health and a Whole-Foods Lifestyle Fiery, Thai-Style Alkaline Cookbook: Southeast Asian Alkaline Recipes to Restore Your pH Level and Get You Healthy Again (Alkaline Recipes and Lifestyle Book 3) Wine: Everything You Need to Know About Wine From Beginner to Expert (Wine Tasting, Wine Pairing, Wine Lifestyle) KETO Smoothies and Drinks: A Starter Kit for a Healthy Lifestyle and Fast Weight Loss in 14 Days (Ketogenic Diet, ketogenic diet for weight loss) WINE: Wine Lifestyle - Beginner to Expert Guide on: Wine Tasting, Wine Pairing, & Wine Selecting (Wine

History, Spirits, World Wine, Vino, Wine Bible, Wine Making, Grape, Wine Grapes Book 1)  
Vegetarian Quick & Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight  
Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes  
Collection Book 2) Our GreenPan Ceramic Cookware Cookbook: 99 Healthy Authentic Recipes for  
Your Non-Stick Fry Pan Thermolon Cookware (Easy Healthy Lifestyle Recipes for Smart Nutritious  
Stove Top Cooking Book 1) Crockpot Recipes: Crockpot Recipes For Supreme Healthy Eating  
(Crockpot Diets, Crockpot Lifestyle, Crockpot Concept): 99+1 Crockpot Recipes to Work the ... Your  
Crockpot (99+1 Crockpot Series Book 3) The Complete Idiot's Guide to Amigurumi (Complete Idiot's  
Guides (Lifestyle Paperback)) Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a  
Relaxed, Gluten-Free Lifestyle The New Nordic Diet: Delicious Recipes for a Healthy Lifestyle  
(Volume 2) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing  
Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle  
change, clean eating) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat  
Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo,  
Primal, or Ketogenic Lifestyle The KetoDiet Cookbook: More Than 150 Delicious Low-Carb,  
High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free,  
Starch-Free ... Paleo, Primal, or Ketogenic Lifestyle 1,001 Heart Healthy Recipes: Quick, Delicious  
Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your  
Healthy Lifestyle Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower  
Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss,  
Dash Diet Cookbook) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting  
For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle,  
Lose Fat)

[Dmca](#)