



Choose More, Lose More for Life

Chris Powell

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Choose More, Lose More for Life Chris Powell **Transform Your Body, Transform Your Life!**

Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, *Extreme Weight Loss*. Now, building on the basic weight-loss philosophy introduced in his bestselling book *Choose to Lose*, Chris has created a transformation plan anyone can follow--one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results.

At the center of Chris Powell's *Choose More, Lose More for Life* is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles--Easy, Classic, Turbo, and Fit--to help you find a plan that fits you.

Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on *choices*--including more than twenty new workouts called Nine-Minute Missions--that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own--one that lasts for the rest of your life!

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Opal Moffett:

Playing with family in a very park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Choose More, Lose More for Life, you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

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