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About The Author. Chris Powell is the star of and fitness expert of ABC's primetime show, Extreme Weight Loss. Chris holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS).

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Choose More, Lose More for Life (2013) is a carb-cycling diet written by Chris Powell from Extreme Makeover: Weight Loss Edition. It s the sequel to Choose to Lose (2012), with alternative cycles.. Carb cycling 4 different patterns.

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