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Chris Powell, who is known for his appearance on the hit television show Extreme Makeover: Weight Loss Edition, is the creator of the Choose to Lose Diet: The 7-Day Carb Cycle Solution. According to Powell, it is a myth that you need to avoid carbohydrates in order to lose weight.

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To our fathers, William Grant Powell and David Grant Lane: one still with us, and one smiling down from above. You have both taught us some of the most valuable lessons in life.

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Chris Powell's Custom Weight Loss Blueprint The Dr Oz Show

Every person needs to customize their diet for their body's needs. Here, Chris Powell, author of Choose More, Lose More For Life, shares the three steps that will help you start losing weight now. Step 1: What's Your Number? The key to successful weight loss is to customize your diet by targeting your body's specific calorie

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Chris Powell Books

Choose More, Lose More, for Life. Choose More, Lose More for Life. offers four different carb cycle programs and twenty workouts (called Nine-Minute Missions) that pack maximum results into minimum time.

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Choose to Lose The 7 Day Carb Cycle Solution Chris

From celebrated fitness trainer Chris Powell, star of ABC's EXTREME WEIGHT LOSS, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in Choose to Lose, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset.

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Chris Powell Official Site

Chris Powell is the trainer and transformation specialist on ABC's highly rated documentary style series Extreme Weight Loss.

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Choose More Lose More by Chris Powell

Choose More, Lose More has 444 ratings and 52 reviews: Published May 7th 2013 by Hyperion, 240 pages, Hardcover I kept thinking as I watched the show that Chris Powell looked familiar and with a little searching on the web I realized he was the trainer who worked with the man on the documentary "The 400 Pound Virgin" that I had

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