



## Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential

By Mark MacDonald

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential, Mark MacDonald, "Body Confidence" is a revolutionary nutrition and fitness program that doesn't require you to develop superhuman willpower, shun entire food groups, or devote your every waking moment to the treadmill. "Body Confidence" is a revolutionary approach based on three key nutrition factors that stabilize your blood sugar and keep your body in balance: Eating at consistent meal intervals; Absolute certainty in essential nutrient ratio of protein, fat, and carbohydrates; Identifying and consuming the right amount of calories per meal. With "Body Confidence" readers will learn to master determining their current metabolism and reprogramming it, focusing on body fat percentage rather than weight, setting measurable goals, following a customized exercise plan, and harnessing the powers of sleep, supplements, water and stress management, in perfect sync to optimize your body's performance. Packed with recipes, success stories, nutrition guides and exercise journals. "Body Confidence" is practical, doable, and packed with highly effective lifestyle changes that will finally make the traditional diet obsolete.



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