



DOWNLOAD



The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals

By Trager, M.D., Stuart L., with Heimowitz, M.Sc., Colette

St. Martin's Press, New York, 2008. Hard Cover. Book Condition: New. Dust Jacket Condition: New. Stated First Edition. 8vo - over 7¾" - 9¾" tall. This Stated First Edition from January 2008 has the required "number line" ending in a "1" to indicate First Printing. The book is in Brand New, unread condition, with a Brand New priced dust jacket. I've placed the dust jacket into an archival Brodart protective sleeve. This new 12-week program nutritionally refines Dr. Atkins' original low-carb diet to benefit dieters with an even greater weight loss during the first crucial 12 weeks. It includes meal planning and recipes. The book is bound in red paper-covered boards with die-stamped metallic blue spine titles. The book measures 7 3/4 by 9 3/8 inches and includes 362 pages.



READ ONLINE
[7.63 MB]

Reviews

This ebook will not be simple to start on looking at but really enjoyable to read. It is one of the most awesome book we have study. Your life span is going to be transform when you complete looking over this pdf.

-- **Kayla Gutkowski**

Complete guideline for pdf lovers. It is definitely basic but shocks within the 50 percent of your ebook. I am easily could get a pleasure of studying a created publication.

-- **Prof. Elwyn Boehm MD**