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## Atkins Essentials: A Two-week Program to Jump-start Your Low-carb Lifestyle (Paperback)

By Health Atkins

HarperCollins Publishers Inc, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The must-have companion to the #1 New York Times bestseller, Dr. Atkins New Diet Revolution, featuring the Atkins Nutritional Approach(TM)-- a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best. Millions of people around the world have already discovered the Atkins Nutritional Approach(TM) and the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way! With less of the underlying science and more practical information, The Atkins Essentials gets to the meat of the most popular and effective weight control program ever, providing the basic skills necessary to enable you to lose and keep losing unwanted body fat--and to keep it off forever! Providing clear, concise answers to your questions and concerns, The Atkins Essentials is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get started--and for those already on the program, it offers indispensable tips on eating out, stocking your...

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