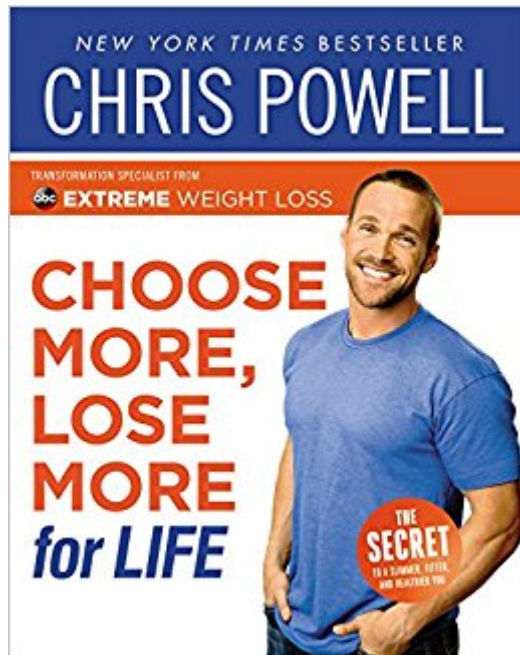




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# Choose More, Lose More For Life



## Synopsis

Transform Your Body, Transform Your Life! Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, *Extreme Weight Loss*. Now, building on the basic weight-loss philosophy introduced in his bestselling book *Choose to Lose*, Chris has created a transformation plan anyone can follow--one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results. At the center of Chris Powell's *Choose More, Lose More for Life* is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles--Easy, Classic, Turbo, and Fit--to help you find a plan that fits you. Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on choices--including more than twenty new workouts called Nine-Minute Missions--that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own--one that lasts for the rest of your life!

## Book Information

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## Customer Reviews

Chris Powell holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist

(CSCS). He frequently appears on Good Morning America and The Dr. Oz Show; he has been the Transformation Pro on KTVK's Good Morning Arizona for years delivering tips, shortcuts, and tricks of the trade to the largest news viewing audience in Arizona. He is married to Heidi Powell and they have four children.

This is such an excellent book. If a person doesn't lose weight by following this book there is something wrong. This book has really helped me much. There is no magic pill to lose weight and get healthy. It all depends on how much a person is willing to do and to sacrifice to attain a strong and happy healthy body. It all starts from the inside of a person. And this book is for the person who is willing to work the program laid out in this book. Chris and his wife are really anointed to teach others how to achieve health. Great book. A wealth of wisdom and love are in this book. Get it to start your own personal journey.

Lost 70#s using the book, thank you Chris!

I know they promote measuring using your hand, but I'm one who needs numbers. I wish they had provided a way to calculate Carbs, Protein and Fats for me with numbers. There were a few other holes too that I needed to resolve before I could adapt this program "for life". I got most of my questions answered in "Carb Cycling the recipe and diet book" by Jesse Morgan.

I am now 13 pounds from goal weight because I took a chance on Carb Cycling. Thank you Chris and Heidi!

I just started the book, but I love it so far. The way he describes how your life can be transformed for the long run is very motivating... Going through and highlighting my favorite parts so if I ever want to go back and find the motivational parts, I will be able to find them again right away

This book had information that was beneficial to me. This is the 1st book I've read by Chris Powell so I'm unable to compare it to the info in any of his other books. The personal experiences were motivational. The eating plan spoken about isn't one I will do to the full, but I did will use it partially and I have lost 10 pounds so far.

At the center of Chris Powell's Choose More, Lose More for Life is Chris's carb-cycling plan, which

kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles--Easy, Classic, Turbo, and Fit--to help you find a plan that fits you. Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on choices--including more than twenty new workouts called Nine-Minute Missions--that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own--one that lasts for the rest of your life!"If you want results--if you want to lose that weight and transform your life--you need to stop thinking about it and get going! You hold in your hand the map to an incredible path to success, and I'll be right beside you 100 percent, cheering you all the way to your finish line. You're choosing to make a healthy change, and I'm choosing you. It's going to be a wonderful journey for both of us!"- Shape Your Body in Just Nine Minutes Each Day- Find a Carb Cycle That's Made for You- Build in Cheat Days to Enjoy Foods You Love- Eat Carbs to Lose Weight- Transform Your Body, One Success at a Time

Life-changing! Chris' positive attitude is infectious - I keep the book with me all the time to re-read for motivation and tips. Love the exercises (9-Minute Missions) he lays out for the reader. And my lady loves the changes to my body!

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The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Choose More, Lose More for Life Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Out at Home: A Choose Your Path Baseball Book (Choose to Win) Pirate Treasure of the Onyx Dragon (Choose Your Own Adventure #37) (Choose Your Own Adventure (Paperback/Revised)) Dino Lab (Choose Your Own Adventure - Dragonlarks) (Choose Your Own Adventures Dragonlarks) Ghost Island (Choose Your Own Adventure - Dragonlark) (Choose Your Own Adventure. Dragonlarks) Choose to Lose: The 7-Day Carb Cycle Solution 7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week, Flush out Toxins and Improve Your

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