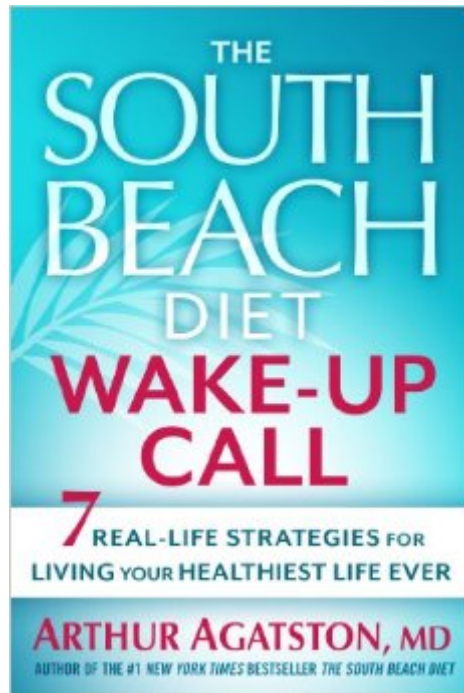


The book was found

The South Beach Diet Wake-Up Call: 7 Real-Life Strategies For Living Your Healthiest Life Ever



Synopsis

From Arthur Agatston, M.D. the creator of the South Beach Diet comes a call to change the fast-food, sedentary way of life that's aging us quickly and killing us slowly. Both a galvanizing call to action and an easy-to-follow plan for reversing and healing a toxic lifestyle, The South Beach Wake-Up Call is the urgent message that no reader can afford to ignore. It includes:- 7 simple sustainable strategies for age-reversing, lifesaving weight loss- The South Beach Gluten Solution to improve symptoms in sensitive individuals- The Wake Up and Move 2-Week Quick-Start exercise plan- 32 all-new recipes from breakfasts to desserts using megafoods

Book Information

Paperback: 352 pages

Publisher: Rodale Books; 1 edition (October 2, 2012)

Language: English

ISBN-10: 1609618939

ISBN-13: 978-1609618933

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #571,312 in Books (See Top 100 in Books) #51 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #395 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #759 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

If you are familiar with the famous The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss, then you have probably heard of the author, Dr. Arthur Agatston. If not, The south Beach Diet is a 3 phase semi-restrictive program designed for healthy weight loss. His follow-up book, The South Beach Wake-Up Call is meant to be just that - a way to raise the awareness of everyone about the impact of highly processed, sugar-laden foods with a sedentary lifestyle. While this will not really come as a surprise to anyone, when someone holds the consequences up in your face, it becomes much harder to ignore. That is the purpose of this book - to actually show us what we are doing to our health and what to do about it. This book is easy to read due to the excellent formatting. The entire book is made up of small sections that make it easy to pick it up and continue from anywhere. The book is basically a problem / solution guide

that is broken down into 3 sections: Part 1- The Health of Our Nation: Condition Critical. This section has 9 chapters defining the problem with today's lifestyles. I really love books like this that have solid information without a lot of useless babble. The author does a great job of exploring the problems in today's environment, citing examples of real life patients. I really enjoy the way he explains the medical information in easy-to-understand format without a condescending tone. This part is the real wake-up call.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) South beach diet : The #1 South Beach diet , How to make it work for you !: including tips and recipes El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet

Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free) The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South Beach Diet) La Dieta South Beach [The South Beach Diet] La Dieta South Beach: El delicioso plan disenado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet)

[Dmca](#)