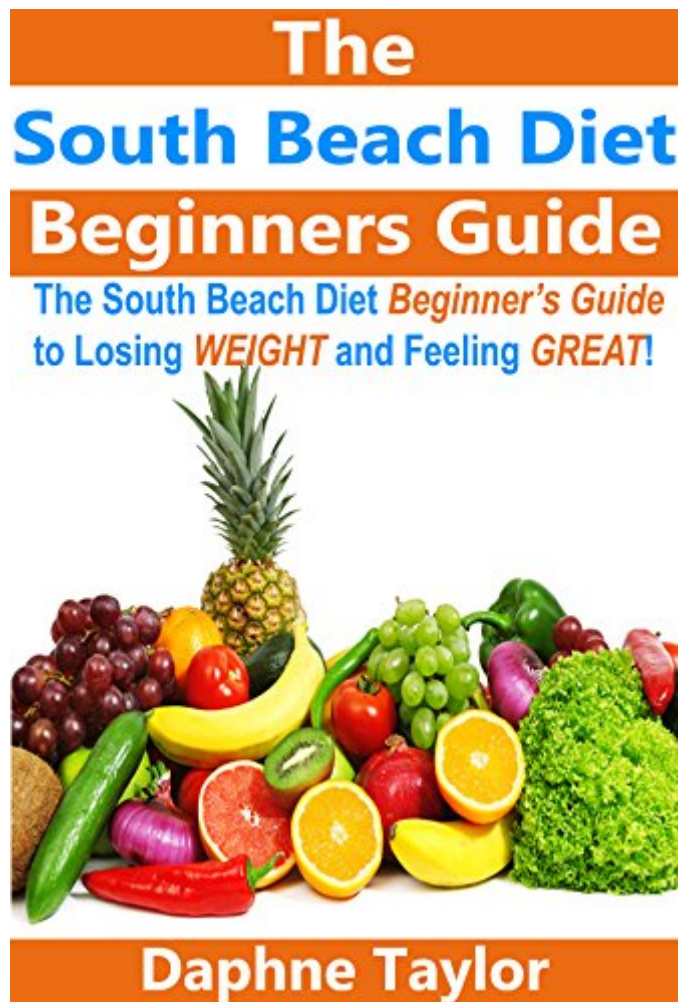


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# South Beach Diet: The South Beach Diet Beginners Guide To Losing Weight And Feeling Great! (south Beach Diet, South Beach Diet Beginners Guide, South Beach Diet Recipes)





## Synopsis

South Beach Diet Beginners Guide! Learn Everything You Need To Know About The South Beach Diet! Here Is A Preview Of What You'll Learn About South Beach Diet... A Comprehensive Overview of the South Beach Diet The Truth About Carbs The Fat Complex Why Your Exercise Routine Isn't Losing Weight How Different Food Groups Affect Your Health All Three Phases Special Bonus on the back! Do you want to get the best beginner's guide on the South Beach Diet? One that is actually practical and easy to follow? Download your copy today! The South Beach Diet Beginners Guide will give you everything you need to know about the diet including the practical steps and science, all in less than an hour! If you are tired of counting carbs, feeling hungry and fatigued, and just plain starving, the South Beach Diet is for you. The South Beach Diet is one of the more popular diets, and for a good reason: it works. In this book you will find out everything you need to know about the diet, including what it is, how it works, and why it works. \_\_\_\_\_ Tags: south beach diet, south beach diet beginners guide, south beach diet recipes, south beach diet cookbook

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Weight Maintenance

## Customer Reviews

The South Beach Diet shouldn't be called a diet. It should be called a lifestyle change. A diet is something you get on to fit into those jeans for an event. SBD makes you fit into those jeans for life. Yes, it starts off with restrictions like grain and artificial and real sugar avoidance, but in 2 weeks you adapt. When a body becomes acclimatized to a condition, going back becomes unfavorable. Ergo, I've avoided sodas for years, and when I had one at a picnic, it tasted like syrupy malted battery acid. Your body doesn't like change, and this book addresses that, but stick with the first 2 week "boot camp", and it's all down hill from there. Plus there's a bonus of good and no no foods in the back. As the author says, it's up to you.

I have lost a lot of weight with just working out in the gym, but at the same time i was hooked on junk food, so i couldn't get 100% of the benefits from working out in the gym. I have learned about the South Beach Diet and i liked the concept. I just had to find the perfect book that will give me the correct instructions and directions of how to use it. This is the perfect book. Everything is explained very well with great details and it looks very healthy. I will stick with it, for sure.

South Beach diet is a famous diet even from years back. I heard of it, but I haven't really taken interest on it. However, as I age, I am becoming more and more concern of what I eat and do so I am looking for different diets to test and see which would suit me best. This book talks about the South Beach diet. It provides a brief overview of the basics and advanced information that people who are new to the diet should know. It also explained why some exercise routines don't help in losing weight. I also liked how the author explained the different phases in the South Beach diet. This is very informative!

This is a short book but jam packed with valuable and nutritional information. Not only does this book give you an overview of the the South Beach Diet but it goes over basic exercises you can do in the comfort of your own home. There's also a handy list of food to eat and avoid. If you're looking to start your path to being fit this is a great starter book. Highly recommended.

this book contains low carb diet and south beach diet is known for its popularity. it explains how different food affects health and what modifications will help in losing weight. it has three phases in first phase explains about eliminating craving for foods and starches. in second phase explains which carbs and starches can be used. third phase discusses about weight loss goal. its good book to be tried for.

This was not a book. This was a leaflet. I guess I should have known from the price? It was about 30 Kindle pages, or maybe 10 written pages. It was very poorly written, and obviously unedited. The links to the recipes did not work. It was short and plagiarized. At the least, she should have copied the grammar as well as the words. This was the first time I felt scammed by something I bought from . I'll be more careful the next time to try to choose the real thing instead of someone's scribbles about the real thing. Very disappointed.

The book had some helpful tidbits, but nothing that couldn't be found online, for free. The text has a lot of spelling mistakes, grammar issues, and is way too short for what it costs.

Doesn't tell how to be on this diet. Doesn't say what quantity of a certain food to eat or how many servings of the food groups to eat daily. This is just an overpriced booklet.

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