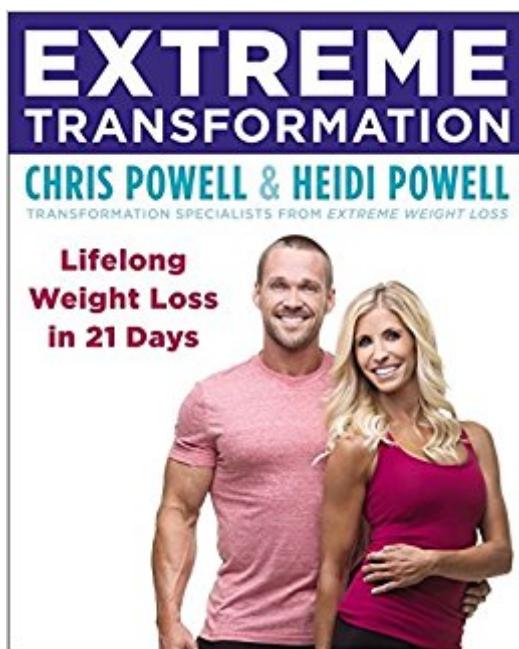


The book was found

Extreme Transformation: Lifelong Weight Loss In 21 Days



Synopsis

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance--high-impact results in as little as three weeks.

Book Information

Paperback: 320 pages

Publisher: Hachette Books; Reprint edition (December 20, 2016)

Language: English

ISBN-10: 0316339504

ISBN-13: 978-0316339506

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 228 customer reviews

Best Sellers Rank: #26,630 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #58 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #436 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Chris Powell and Heidi Powell are the stars of ABC TV's prime time hit show, Extreme Weight Loss. They are regular contributors to Good Morning America and The Dr. Oz Show. They live in Phoenix, Arizona with their four children.

Some people are posting poor reviews based on the "complicated" recipes.... Perhaps if you have never ever cooked or meal prepped before they can be slightly daunting (and that's a stretch). However, they really aren't much different than other recipes you'd find in weight loss books. I have completed two week's worth of meal preps and each prep has taken less than two hours, but has saved me SO much time throughout the week. In regards to the shopping lists and daily menus: **YOU DON'T HAVE TO FOLLOW THEM EXACTLY!** They actually state in the book (pg.72) that you can create your own menus and recipes and that theirs are guidelines/suggestions. They even include a brief 100-calories food list to make it easy to pair foods together. You don't have sprouts in your cupboard? Then move on to a different recipe. You don't like mushrooms? Don't use them. In my two weeks of meal preps I have not followed a single day to the tee, and have really only used six of the recipes (a couple of which I tweaked). The whole point of the book is encourage the reader to think about their weight loss as a transformation of the body AND mind and that it's not simply a diet to get to your goal but then turn back to old habits. If you're very rigid and take everything you read literally, then this might not be the book for you. However, if you are able to use the text as a roadmap, and be flexible and creative, then give it a try.

I have been following Chris and Heidi Powell's carb cycling diet for almost a year now. I have lost 75 pounds in 9 months and am in line for a loss of 100 pounds by my year mark. I have met Chris and Heidi Powell in person, as I was nearly cast for Extreme Weightloss before the show was cancelled, and they are genuine in wanting to help people lose weight.

Love the book! The Powells' enthusiasm for the process of losing weight is infectious! I find it very motivating to just leaf through the book and read various pages.

Great read! I'm a big fan of Chris and Heidi Powell. This book is a good guide or even just inspiration to incorporate into your already existing health and fitness lifestyle!

Get for beginners. Nice book.

Great book if u have the time to prepare and cook all the recipes. Easy to get ingredients in the recipes but with a newborn it's hard to find time to make everything

Great book. Super informative for anyone serious about changing their lifestyle to lose weight and

get in shape!

Great program. Has all the keys to transform not only your weight but your self respect and confidence as well.

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

Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Extreme Transformation: Lifelong Weight Loss in 21 Days ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) 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) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Ultimate Weight Loss Smart Points Beginnerâ"¢s Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter!Simple Recipes To Follow Weight Loss Smarts Points DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Nutribullet Recipes: 365 Days of Smoothie Recipes for

Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)