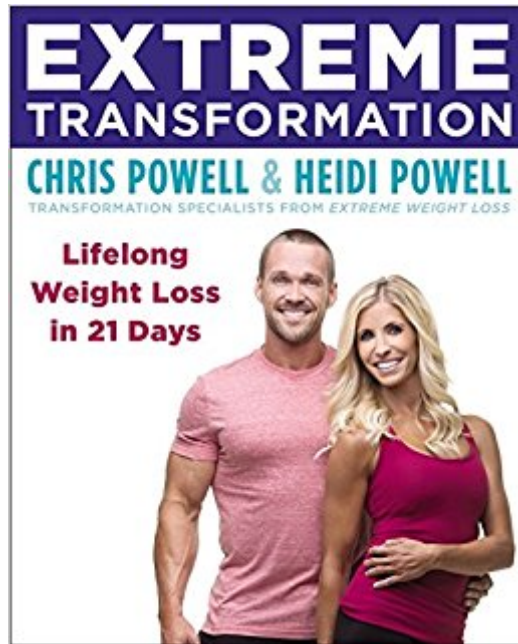




The book was found

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

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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.

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