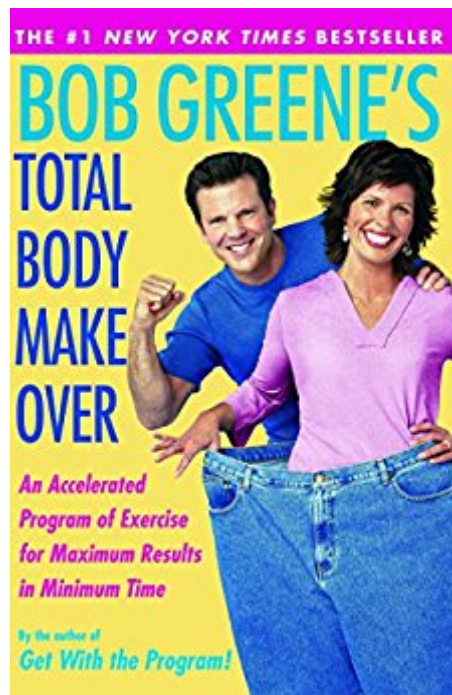




The book was found

Bob Greene's Total Body Makeover: An Accelerated Program Of Exercise And Nutrition F



Synopsis

From Bob Greene, bestselling author of *Get With the Program!*, comes a comprehensive, innovative twelve-week plan for transforming your body inside and out. With *Bob Greene's Total Body Makeover*, you'll achieve maximum results in a minimum amount of time! Knowing that great health and fitness begin with the right state of mind, Greene addresses the important emotional issues behind poor exercise and eating patterns and provides the motivational tools needed to achieve your fitness goals, as well as develop practical and beneficial habits for lasting results. You'll be inspired and moved by reading the compelling true-life success stories of real people who have taken the challenge and who have changed their bodies -- and lives -- in ways they never dreamed possible! Whether you're struggling to lose that last ten pounds or searching for a radical weight-loss solution, the twelve-week makeover challenge is the answer to your fitness goals. After committing to the program, you'll find illustrated step-by-step workout guides for all fitness levels, combining progressive cardiovascular and intensive strength training exercises designed to revitalize your metabolism and get noticeable results fast. Each of the accelerated workouts has been created to energize and invigorate your body and mind while you have fun and trim down in the process! In addition, Greene takes a fresh approach to the question of diets by providing key nutritional guidelines that work in conjunction with any healthy eating plan, and he explains many of the popular diets on the market today to help you choose the one that's right for you. Finally, there is helpful advice on making the transition back to your everyday life: how to avoid regaining the weight you've lost, and how to maintain healthy exercise and eating habits for life. While many books leave you wondering what to do next, *Bob Greene's Total Body Makeover* offers enthusiastic and informative hands-on advice and tips beyond eating and exercise, and teaches you how to make your own happiness and well-being the foundation of an active and healthy life.

Book Information

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Customer Reviews

I got this book in 2005 and did great on the program. I wanted to get back to it this year (2013) but couldn't find my book (Who did I lend it to??) so I figured I would get it for my Kindle. Unfortunately, the tables are all messed up on the electronic version. So if you are looking for a real program that will help you change your habits, get this book, just don't get the kindle version.

I bought this book on my daughter's recommendation. She inspired me to "get moving" and improve my life. Bob Greene gave me a plan! His words caused me to examine my reasons for NOT exercising and gave me the inspiration to quit procrastinating and begin. I am currently in the fourth week of his plan, and feel 100% better. I've lost an inch off my waist, and about four pounds. I'm 64 years old, and feel great!

I believe what Bob says in his book (regarding health) is true and valuable, but this accelerated program is over the top. For someone like me who works out 4 x a week this program is a bit crazy. I asked myself the BIG question what happens after the program is finished; you can't maintain a lifestyle of working out like that. To me it was one more loss weight quick program.

ok

love it

Personally, nothing new and nothing really to learn. Wouldn't suggest buying it. I think eating healthy is obvious and exercise is obvious. For that do not understand nutrition in any way, then it

might be something to glance through.

I really enjoyed reading this book! I actually ended up losing over 20lbs following the rules and workouts suggested. yay!

This is a great book because Bob Green is a well known fitness and health expert so along with Jack Lalanne he's the next in line for me to get health advice from.

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