



# Atkins for Life (Random House Large Print)

*Robert C. Atkins*

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**Atkins for Life (Random House Large Print)** Robert C. Atkins

A new audiobook from the #1 *New York Times* bestselling author that reveals the secrets to successful lifelong weight loss

Millions of followers already know that the Atkins Diet really works . . . and new, important studies from leading universities agree. Where, in the past, the Atkins Diet has been the center of medical controversy, it has now been medically proven that eating the Atkins way is not only delicious, but it's also a safe and effective plan for shedding pounds for good. Followers are hungry for more information on how to stay on the plan--and that's what this program delivers.

In addition to the two CDs, it will include a CD-ROM with:

- 180 menu plans (over six months' worth of menus) with controlled carbohydrate counts
- 125 recipes, including dishes for breakfast, lunch, dinner, and smart snacks
- low-carb holiday meals and fabulous ethnic cuisine
- self-tests and FAQs to help readers meet their goals and stay on track.

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The reason? Because this Atkins for Life (Random House Large Print) is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book close to it was fantastic author who all write the book in such awesome way makes the content inside of easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have got such as help improving your expertise and your critical thinking approach. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

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