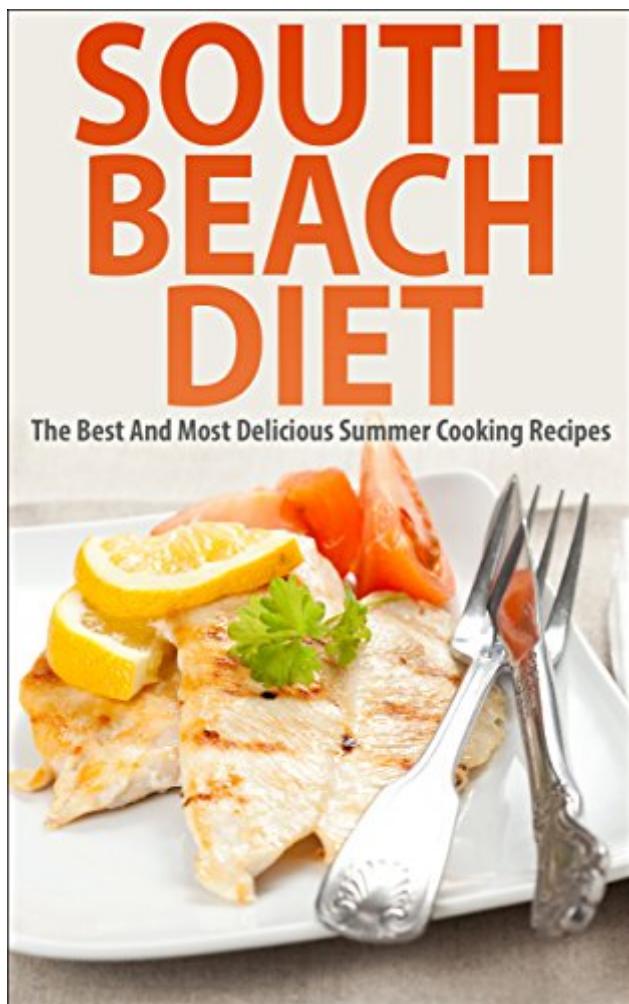


The book was found

# South Beach Diet: Fast And Healthy Weight Loss, It's A Lifestyle



## Synopsis

**Lose Weight In Style**Most people seek diets to lose weight. For that reason, most diets that were formulated earlier were drastic ones which cut down on the carbohydrate and fat intake in a dietâ™s meals and forced them to reduce their calorie intake drastically. Many diets also consisted of an undue focus on one nutritious item while foregoing balanced meals for the sake of weight loss. Most of these diets had short term effects but led to long term adverse effects if no effects at all. At such a time cardiologist Arthur Agatston along with dietician Marie Almon designed a diet which served as an alternative to the low fat diets that were prevalent during the eighties. The diet became known as the South Beach diet which was formed with the main purpose to prevent heart diseases in people. This diet was formulated by Dr. Agatston to help his own patients in the early part of the millennium. The diet soon became popular and was considered by even those who wished to lose weight.

**What You Will Discover Inside**An introduction to the South Beach DietWhat to expect on the South Beach DietEverything you need to know about phase IPhase II of the DietPhase III of the South Beach DietPros and Cons of the Diet Would You Like To Know More? This book contains some serious dieting secrets and techniques. The question is will you choose to use them to lose weight and look great or will you wake up tomorrow still unhappy with the body you've got?If you are ready to start losing weight and attain the body you've always wanted than scroll up and grab your copy of the South Beach Diet.

## Book Information

File Size: 1856 KB

Print Length: 18 pages

Publication Date: October 6, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00O982RK0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #482,580 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #101 inÂ Kindle

## Customer Reviews

If you have ever paid attention to diets you have heard of the south beach diet.I never really paid attention to the specifics though.I never knew that is was originally designed to help heart patients.You will learn about each phase and what to expect.It will teach you how to cut the portions and how to cut out the carbs.It doesn't get really in depth about the particulars for it will get you started on your diet and you will start to see the inches melt away but in a healthy way and it will improve your health safely.I recommend it to get started.I received this book at a discount in exchange for my honest opinion

This was a pathetically short book (I read it in 20 minutes; I would have categorized it as an essay). It was either written in another language and poorly translated, or very badly written in English. It is really just an over-simplified summary of the original South Beach Diet book. It adds nothing. While very inexpensive, it was still a complete waste of money

From the reviews, I had an idea of the contents of this book. But since it was free, I downloaded it, anyway. As a South Beacher, I thought it might have something interesting that I didn't already know. More important, BECAUSE OF THE SUBTITLE ON THE BOOK COVER, I also expected recipes. NOPE!

After reading this informative review on the South Beach Diet,I am buying the book tomorrow. I am also buying a copy for a friend. After years on WWcore, I know that my 40's are requiring a different approach. I need to fill fuller longer. I can't wait to study this diet and hopefully, lose the 20 lbs that have been causing health and confidence issues.

I was very disappointed with this "book." The subtitle on the cover shown for the e-book says "recipes." There are no recipes or actual meal plans. This was simply an overview of the diet. That will teach me: don't judge a book by its cover!

This book was a waste of my money I wish would let you return digital items because this was not South Beach diet it was basically a review of the real book

Book is not the diet like it says- just buy the original! This was a waste of money!!!It was just a way to confuse you into thinking you got the original!

Great diet for quick results and plenty to eat. I felt full as I watched the pounds drop off. I highly recommend this diet, and i"ve tried my fair share.

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

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) 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) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet,

Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) South Beach Diet: Fast And Healthy Weight Loss, It's A Lifestyle South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) KETO Smoothies and Drinks: A Starter Kit for a Healthy Lifestyle and Fast Weight Loss in 14 Days (Ketogenic Diet, ketogenic diet for weight loss)

[Dmca](#)