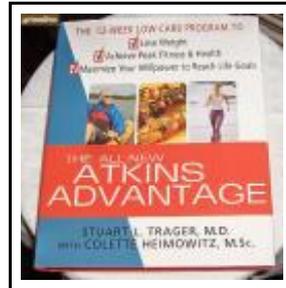


The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals



Filesize: 4.09 MB

Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Junius Herman)

THE ALL-NEW ATKINS ADVANTAGE: THE 12-WEEK LOW-CARB PROGRAM TO LOSE WEIGHT, ACHIEVE PEAK FITNESS AND HEALTH, AND MAXIMIZE YOUR WILLPOWER TO REACH LIFE GOALS



St. Martin's Press, New York, 2008. Hard Cover. Book Condition: New. Dust Jacket Condition: New. Stated First Edition. 8vo - over 7 $\frac{3}{4}$ " - 9 $\frac{3}{4}$ " tall. This Stated First Edition from January 2008 has the required "number line" ending in a "1" to indicate First Printing. The book is in Brand New, unread condition, with a Brand New priced dust jacket. I've placed the dust jacket into an archival Brodart protective sleeve. This new 12-week program nutritionally refines Dr. Atkins' original low-carb diet to benefit dieters with an even greater weight loss during the first crucial 12 weeks. It includes meal planning and recipes. The book is bound in red paper-covered boards with die-stamped metallic blue spine titles. The book measures 7 $\frac{3}{4}$ by 9 $\frac{3}{8}$ inches and includes 362 pages.

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