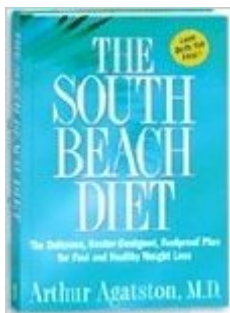


The book was found

South Beach Diet Book



Synopsis

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely. Dr. Agatston's plan allows you to eat the foods you love like meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food.

Book Information

Hardcover

Publisher: TNY

ASIN: B000Q48IKY

Package Dimensions: 11.1 x 8.7 x 1.7 inches

Shipping Weight: 3.3 pounds

Average Customer Review: 4.0 out of 5 stars 20 customer reviews

Best Sellers Rank: #1,125,831 in Books (See Top 100 in Books) #69 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #7508 in Health & Household > Vitamins & Dietary Supplements > Weight Loss

Customer Reviews

Developed by noted Miami cardiologist Dr. Arthur Agatston for his patients, THE SOUTH BEACH DIET became a national phenomenon-because it works. It's not low fat. It's not low carbs. It teaches you to use the right carbs and the right fats to change your body chemistry to burn fat, help reduce your cholesterol, and help prevent metabolic syndrome (pre-diabetes). As a result, you'll lose weight quickly and safely. Dr. Agatston's plan allows you to eat the foods you love like meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and you're never left craving more food.

Book arrived on-time and in great condition! I read and went on the diet when book was first published but wanted a copy for friends and family. I noticed that since the diet first surfaced, the controversy re: Low-Fat vs. Good Fat has changed in the consumers' eye. In other words, nutritionists have found the Non-Fat craze to be flawed. All in all, the South Beach Diet Book is still offers a wealth of nutrition info....guess I'll be enjoying real butter vs. margarine these days! ;->

This is a good book, but I found out that there is a later edition that has more content, it has many more recipes. If I had known about the enhanced edition then I would have bought that one. That said, I didn't go on the diet because it was a big deviation from the foods that I eat and it seemed to require a lot of preparation.

Great book but delivery took much longer than estimated. That was upsetting. I ordered this for a friend who was anxious to read and get started on diet. I wanted to strike while iron was hot. This book arrived after Thanksgiving when she could have read it on the plane if it had come when it was supposed to. :(

Great diet!

Great recipes. Easy to follow. Not complicated like most diets since there is no counting calories or measuring out food.

Book was exactly what we needed to get down to a healthy weight.. Price was better than we could have expected for a "new" book.

Book was in excellent condition.

good book

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