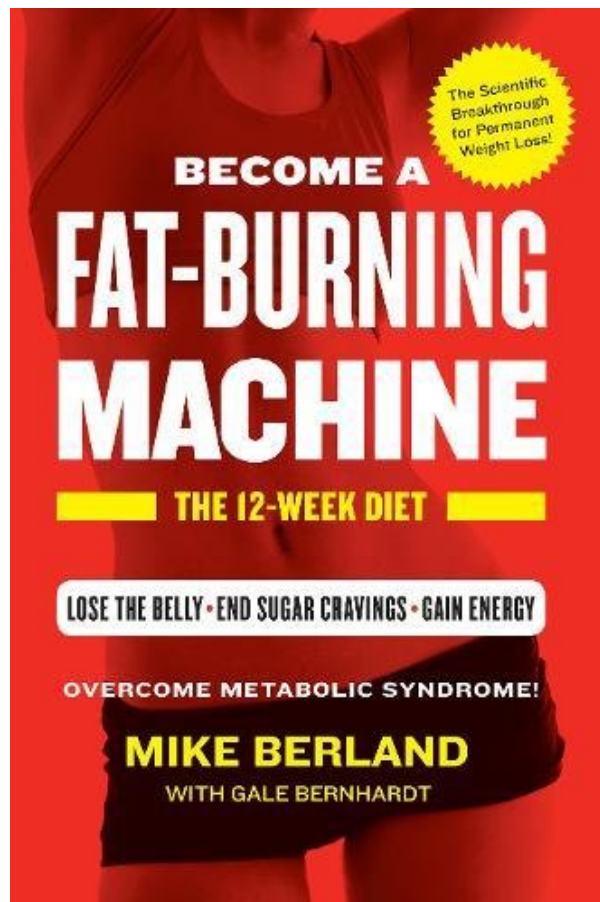
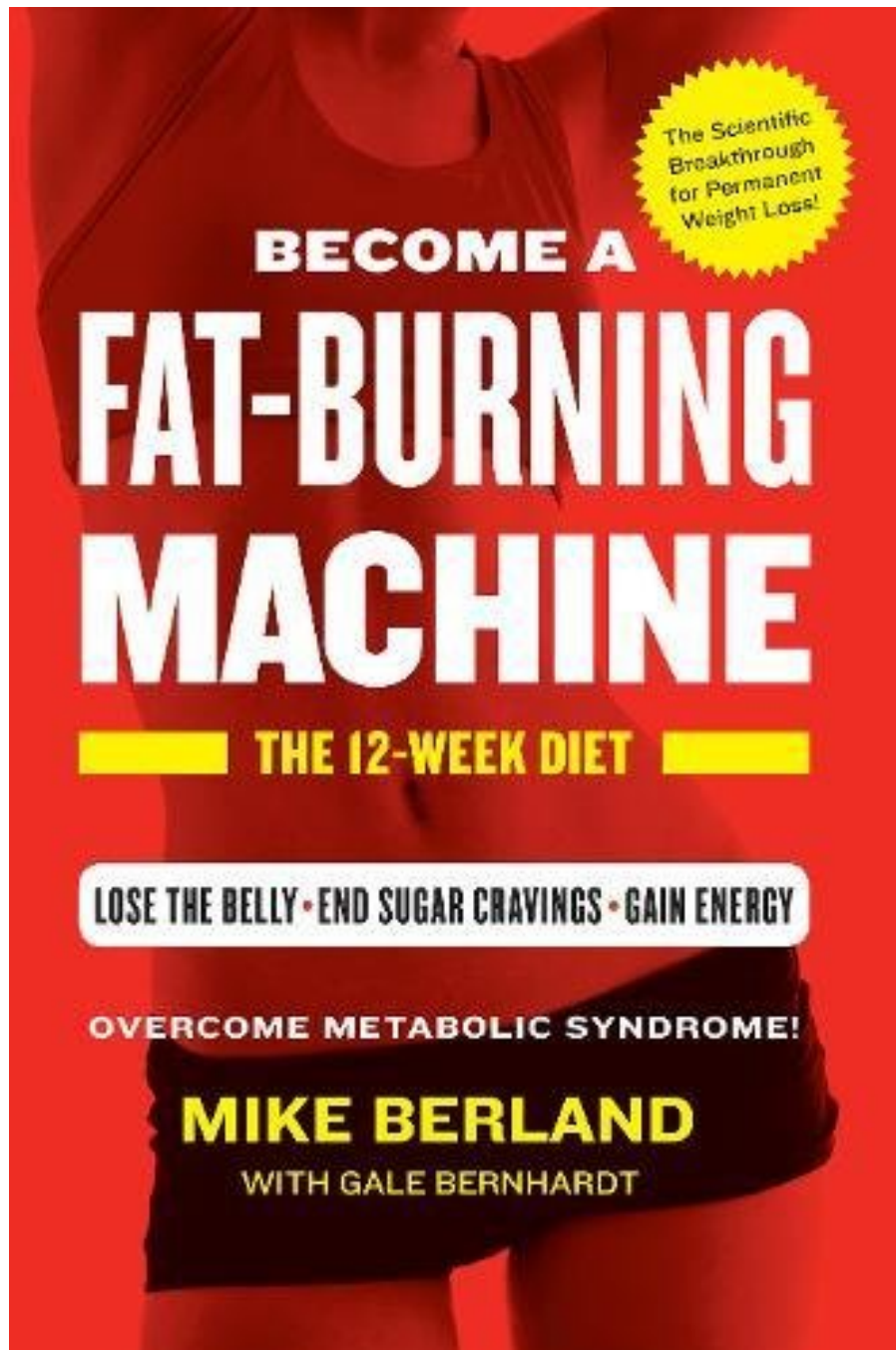


# **FAT-BURNING MACHINE: THE 12-WEEK DIET BY MIKE BERLAND, GALE BERNHARDT**



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Are you ready to change your body for life? Do you want to step on a scale and feel happy? Do you want to look in the mirror and feel proud? Do you want looser-fitting clothes? Do you want more energy? Do you want to sleep solidly through the night?

No games. No gimmicks. No shakes. No starvation. Just a straightforward and simple, doctor-approved approach to eating and exercise that throws out decades of bad science and will transform you from being a fat-storing person into a permanent FAT-BURNING MACHINE.

This is our promise: Follow this plan and you will experience dramatic, life-altering results.

But if you still need further convincing, just ask yourself:

- Have you been gaining a pound or so a year, for the past few years?
- Do you crave sugar and snacks, and worry that you can't control your cravings?
- Do you feel that the more you exercise, the hungrier you are and the more you eat?
- Does exercise make you feel tired and weak?
- Are you working out more than ever and still gaining weight?

If you answered yes to any of these questions, then it's time to find out if the habits you've developed are causing your body to store fat or to burn it. So much of what you've been taught about fitness and weight loss is patently false—that you have to eliminate all fat from your diet or that you should load up on carbohydrates before a workout. These practices may actually be sabotaging your success. Fat-Burning Machine exposes the myths that have prevented you from achieving your weight and fitness goals, and will revolutionize the way you think about your body, your health, and your outlook on life.

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- Binding: Hardcover
- 320 pages

Features

- Regan Arts

Most helpful customer reviews

172 of 179 people found the following review helpful.

For neophytes only

By Glenn Damato

I only recommend this book for someone who knows virtually nothing about losing weight through diet and exercise. Although it's well-written and organized, I can only give it two stars because there is nothing new here. It's precisely the same material you can find in hundreds of similar books sold for decades.

Like virtually all such books, the author must somehow justify it's existence by promising "new" scientific breakthroughs and "secrets" that will refute all the faulty information you've been given and set you straight, once and for all, to get skinny with "new" techniques. Except there are no new techniques or secrets here, just the same old advice re-packaged in yet another diet book.

1. Eat lean meats, fish, poultry, egg whites, green leafy vegetables, non-starchy vegetables such as cauliflower, broccoli, asparagus, mushrooms, and small amounts of dairy, peas, carrots, rice, beans, nuts, berries, and oatmeal.
2. Do not eat bread, pasta, potatoes, condiments, sugar, juice, boxed cereal, sweets, or high-sugar fruits.
3. Move your body for at least 30-60 minutes five times per week. Include resistance training along with aerobic exercise.

That's it. With those three points, you have 100-percent of the value of the book. The rest is re-packaging, repetition, and of course the "case studies" de rigueur in all diet books. These sorts of books will continue to be published because publishers love 'em: they generally sell predictably well and earn a profit, provided they follow the formula.

Before about 1997, "high-octane" foods meant complex carbohydrates. For the last two decades, "high-octane" foods means low-carb. Who knows what the "high-octane" foods of tomorrow might be.

137 of 144 people found the following review helpful.

I flipped the fat burning switch and 12 months later I'm still burning!

By Amazon Customer

I'm a 67 year old woman who has struggled with weight issues for the last 20 years. I've tried practically every diet and weight loss plan. When asked to preview the book and try the fat burning machine plan, I said "yes" and the rest is history! I've lost 63 pounds in 12 months and feel and look better than I have in years! What I soon discovered about why other diets failed is I was eating the wrong foods - I have all the classic symptoms of metabolic syndrome. Once I learned how to flip the switch, the pounds and inches began falling off. What separates this book from other diet how-tos is that this book is about the author's own personal journey to weight loss, good health and fitness after years of struggling. Its tried and true method works! Once he found the key to success, he was passionate about sharing his story so he could help others. I'm so glad he did! I flipped the switch to become a fat burning machine and 12 months later I'm still burning. Read the book; it's filled with guides about what to eat, including recipes, and fat burning fitness techniques, too. Make the commitment; and begin now! You will be so happy you did!

90 of 97 people found the following review helpful.

Finally, something that works!!!

By Mary C

I received my first copy of the book on 4/15/2016 and read it from cover to cover. I bought a second copy of the book for my daughter as a gift last week. I am considerably older than Mike Berland (the author) and so had crept up many more pounds, but otherwise it was like reading about myself -- the frustration with diets, the constant failures, etc. I had just about accepted that I was going to be morbidly obese for the rest of my

life. Although not athletic like Mike, I've always been pretty indestructible. I'm a tall woman with a very large frame, and if I wanted to move 80 pound bags of concrete, I simply picked them up and moved them

I had decided not to write a review until I was on the plan for a month, but I'm so excited about it that frankly I just could not wait. Finally MY choices were clear. I had a list of fat burning foods and a list of fat storing foods, exercise and rest guidance and some wonderful recipes. The no-noodle lasagna is to die for, the pureed asparagus soup is so good you just want to eat it slowly to savor it. The raw vegan pesto and chimichurri sauces are a flavor explosion. This is not just food I can live on for a while before I return to my old way of eating so I can gain it all back plus ten or twenty pounds, this is food I can be very happy eating, period.

In the 27 days I've been wandering around with my nose in this book following the plan, and trying the recipes, I've lost 25 pounds. That is unheard of for a woman at 66 years old.

What Mike Berland did with this book is to take his formidable research experience and unleash all of its power with the aid of subject matter experts on his own weight issues. He found his answer, and I'm confident mine as well. I highly recommend this book to anyone who is ready to take their life back.

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