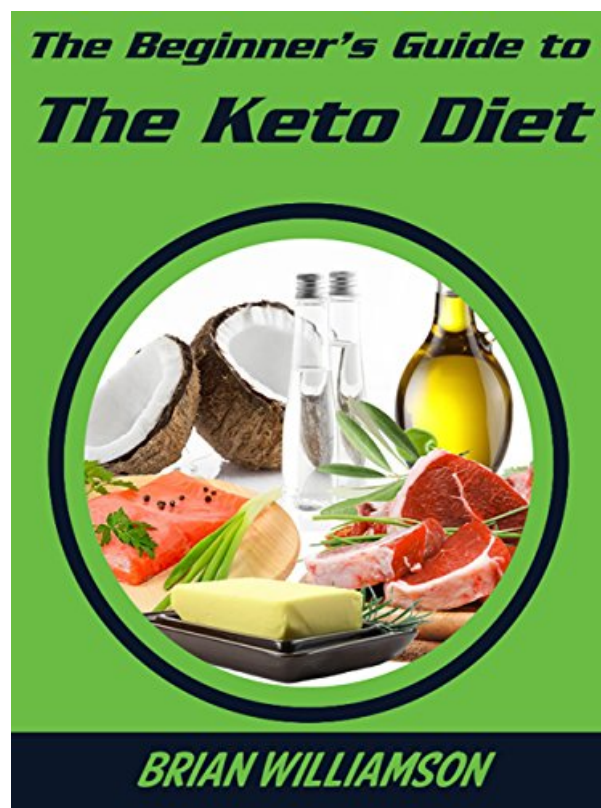


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What if everything you thought you knew about losing body fat, getting healthy, and eating right was wrong? What if you could make one significant change and improve your whole life? What if you could stop struggling with tortuous exercise for countless hours without seeing real results?

You can.

The Beginner's Guide to The Keto Diet will help you understand how you can reach your optimum health and fitness, and never feel hungry again. It's not a fad diet, it's not an empty promise. It's a time-tested, scientifically proven lifestyle that will help you become the person you want to be.

Inside you'll find:

- The truth about the Ketogenic Diet and Lifestyle (the most powerful fat loss way of eating known to man)
- A comprehensive list of food that will guarantee your fat loss
- Motivation and mental preparation for becoming a new you
- Practical advice for your fat loss journey
- No nonsense truth about exercise and the real reason it's good for you (it's got nothing to do with losing weight)
- A whole lot more...

If you follow the instructions and advice in this book, you will lose fat, get fit, and become awesomer.

- Sales Rank: #123873 in eBooks
- Published on: 2015-05-11
- Released on: 2015-05-11
- Format: Kindle eBook

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Would you like to get lean, get strong, improve mental clarity, and enjoy the process? This book will explain how in an how.

By Nathan

This is a quick and easy guide to getting started to the Ketogenic lifestyle. Brian Williamson lays out a simple lifestyle diet in plain English with some detailed explanation where necessary. I especially like that he addresses alcohol and gives clear guidance on what to eat and what not to eat.

I have lived an active lifestyle and experimented with a number of different diets over the last 15 years. I am in shape and have never really considered myself overweight, yet when I started following the Keto lifestyle

I was amazed to witness the drastic improvements virtually overnight. Following the protocols in this book I have lost around 30lbs in 6 months by eating more fat and loving my meals. I am stronger than I have ever been, I have added mental clarity, and I do not feel at all deprived or starved as I have in the past with other less sustainable lifestyle diets.

You can read this book in one sitting and be fully equipped and prepared to make drastic changes in your life immediately.

4 of 4 people found the following review helpful.

This is a great guide for newbies to the lifestyle or anyone looking ...

By Fire Boss PI

This is a great guide for newbies to the lifestyle or anyone looking to supplement their knowledge. Unlike most guides and books on the subject, the author keeps it brief and informative. I chose the keto life for health reasons but put off making the change for months because the information from my nutritionist and the books available were overwhelming and difficult to read. Thanks to the author's website and now this book, I made the switch without the stress or angst, that I anticipated.

4 of 4 people found the following review helpful.

This is a great read for anyone who may be starting out or ...

By Ernest

This is a great read for anyone who may be starting out or wanting to know more about ketogenic diets. Most of the Ketogenic diet books I have downloaded are mainly recipe books with just a little information about the ketogenic way of life. This book not only explains what a ketogenic diet is and how to get started, it touches on the mental side of weight loss and also debunks some of the fitness myths we have all been lead to believe as truth.

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