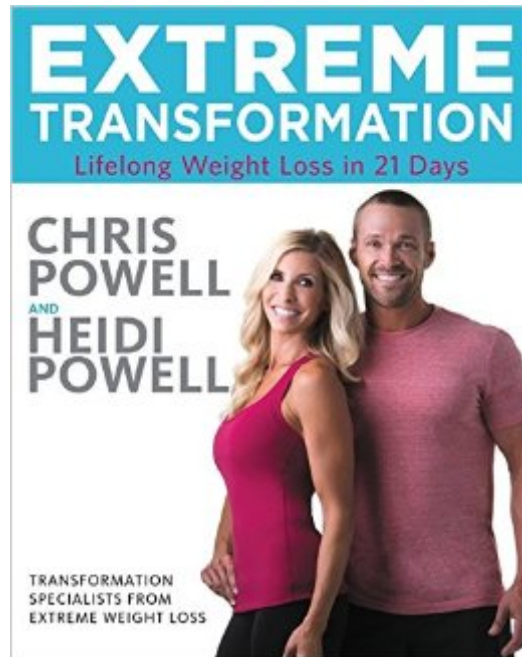


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# Extreme Transformation: Lifelong Weight Loss In 21 Days



## Synopsis

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance--high-impact results in as little as three weeks.

## Book Information

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## Customer Reviews

Some people are posting poor reviews based on the "complicated" recipes.... Perhaps if you have never ever cooked or meal prepped before they can be slightly daunting (and that's a stretch). However, they really aren't much different than other recipes you'd find in weight loss books. I have completed two week's worth of meal preps and each prep has taken less than two hours, but has

saved me SO much time throughout the week. In regards to the shopping lists and daily menus: YOU DON'T HAVE TO FOLLOW THEM EXACTLY! They actually state in the book (pg.72) that you can create your own menus and recipes and that theirs are guidelines/suggestions. They even include a brief 100-calories food list to make it easy to pair foods together. You don't have sprouts in your cupboard? Then move on to a different recipe. You don't like mushrooms? Don't use them. In my two weeks of meal preps I have not followed a single day to the tee, and have really only used six of the recipes (a couple of which I tweaked). The whole point of the book is encourage the reader to think about their weight loss as a transformation of the body AND mind and that it's not simply a diet to get to your goal but then turn back to old habits. If you're very rigid and take everything you read literally, then this might not be the book for you. However, if you are able to use the text as a roadmap, and be flexible and creative, then give it a try.

I have been following Chris and Heidi Powell's carb cycling diet for almost a year now. I have lost 75 pounds in 9 months and am in line for a loss of 100 pounds by my year mark. I have met Chris and Heidi Powell in person, as I was nearly cast for Extreme Weightloss before the show was cancelled, and they are genuine in wanting to help people lose weight.

Anyone looking for weight loss inspiration. Really made me think about my goals and how I have failed in the past. Looking forward to the journey with this book as a guide

This book is LIFE CHANGING!!!! Seriously.... I'm not being overly emphatic. It is amazing! I have been trying to lose the same 50 lbs for 4 years. I didn't consider my diet awful and I trained for and ran a 15k last year in under 2 hours but I was STILL HEAVY... I am 4 days into week 2 and I have lost 7 pounds and I feel great! The meals are delicious and easy and I was not cooking for myself before I got this. I've learned to move faster in the kitchen and to make acceptable substitutions when necessary and it has been totally worth it. I am rarely hungry because I eat every three hours. I am satiated because everything is so tasty and I'm eating so regularly. It has added variety to my diet. I was really tired after work and my boyfriend was having cheese pasta in front of me. I wanted so badly to just have that but instead made myself make my recipe and it was SO MUCH better than that cheese pasta that would normally have been my comfort food. The exercises in the book are hard when you are new but adjustable to your fitness level. I LOVE the structure of this book. It takes the guess work right out. I also thought I had no willpower but when I know exactly what to do I am suddenly so much better at resisting temptation. I could go on and on.... but you get the point. I

plan to use the principals in this book forever. And I don't feel like the normal "will this diet work, is something wrong with my body, is my desk job with the long commute killing my chances" ...with this I KNOW I will succeed.

Slightly amazed at some of the reviews. I am a working mother of 4 (10,8,6,3) and a full time student. The book is easy to read and relatable. The recipes are not hard to make. Yes it seems daunting if you look at week one grocery list- but most of the items should be found in your pantry. The majority is vegetables. I would suggest prepping the first three days only and going back mid week to get the rest. Making a lifestyle change starts in the kitchen. There is no quick fix for weight loss- their plan involves an effort on your part for a long term fix- I'm not a master chef- I don't even like cooking- and I found the recipes and plans easy to follow.... Best thing is my kids all enjoy the meals as well!

I am on week 4 and am currently down 14.4 lbs! I am so thrilled to have found a plan that works. Now to be fair I am not following it to the letter, just the basics...High Carb/Low Carb days, no carbs for dinner and nothing after dinner...and a cheat meal on the 7th day...it's an easy plan to follow, it fits into my lifestyle and it works. Thank you Chris & Heidi for sharing the secret formula to your shows successful weight loss stories. I watch every season and wonder "how did they do it!" Now I know, and I know I'll be one of those success stories too!

I am amazed by some of the reviews of this book. I have lost 71 pounds in the past year and a half, and am hoping carb cycling will be the answer to helping me get off and keep off the remaining pounds. One thing that is key to changing your lifestyle (what life-long weight loss requires) is learning to cook your own food, eating clean, whole foods, and learning to prep, so you will not fall victim to fast food and junk. The more you prep ahead the more successful you will be. Those of you who are overwhelmed at the thought of doing this much prep, start small. Prep one meal a day. Cut back on eating out and purchasing convenience foods. Take baby steps.

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