



Staying Power - Maintaining Your Low-Carb Weight Loss For Good

By EADES, Michael E & Mary Dan

U.S / John Wiley & Sons, Somerset, New Jersey, U.S.A., 2005. Hardcover. Book Condition: New. Staying Power is a blueprint for making low-carb success stick over the long haul. The Transition to Maintenance section, which includes two weeks of transition meal plans, shows readers how to move from the induction stage of the Eades' weight-loss plan to a long-term maintenance plan. The book includes a complete maintenance road map with a 365-day fill-in planner with tips, motivational quotes, and health snapshots. The maintenance section includes a month of new maintenance meal plans and specific advice for what to do over the holidays or when traveling. Also included are a one-week boot camp strategy to get back on track following stumbles or struggles, inspirational success stories, new advice about exercise, and an extensive section with answers to frequently asked questions about the low-carb lifestyle. A 1st edition, with its dust-jacket, in new condition. (260 pages).



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