


# Choose More, Lose More for Life

*By Chris Powell*

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**Choose More, Lose More for Life** By Chris Powell

**Transform Your Body, Transform Your Life!**

Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, *Extreme Weight Loss*. Now, building on the basic weight-loss philosophy introduced in his bestselling book *Choose to Lose*, Chris has created a transformation plan anyone can follow--one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results.

At the center of Chris Powell's *Choose More, Lose More for Life* is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles--Easy, Classic, Turbo, and Fit--to help you find a plan that fits you.

Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on *choices*--including more than twenty new workouts called Nine-Minute Missions--that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own--one that lasts for the rest of your life!

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**Choose More, Lose More for Life By Chris Powell Bibliography**

- Sales Rank: #11677 in Books
- Brand: Hachette Books
- Published on: 2014-12-23
- Released on: 2014-12-23
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .75" w x 7.25" l, .0 pounds
- Binding: Paperback
- 304 pages

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## Editorial Review

About the Author
**Chris Powell** holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS). He frequently appears on *Good Morning America* and *The Dr. Oz Show*; he has been the Transformation Pro on KTVK's *Good Morning Arizona* for years delivering tips, shortcuts, and tricks of the trade to the largest news viewing audience in Arizona. He is married to Heidi Powell and they have four children.

## Users Review

**From reader reviews:**

**Shane Ward:**

This Choose More, Lose More for Life book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This particular Choose More, Lose More for Life without we recognize teach the one who reading through it become critical in considering and analyzing. Don't be worry Choose More, Lose More for Life can bring if you are and not make your case space or bookshelves' turn into full because you can have it in the lovely laptop even phone. This Choose More, Lose More for Life having good arrangement in word and layout, so you will not really feel uninterested in reading.

**Adam Allen:**

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**Carl Vang:**

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**Tim Vazquez:**

In this time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to your account is Choose More, Lose More for Life this book consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The words styles that writer require to explain it is easy to understand. The particular writer made some study when he makes this book. That's why this book suited all of you.


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