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# **South Beach Diet: The South Beach Diet Beginners Guide To Losing Weight And Feeling Great! (south Beach Diet, South Beach Diet Beginners Guide, South Beach Diet Recipes)**

## **The South Beach Diet Beginners Guide**

**The South Beach Diet Beginner's Guide  
to Losing *WEIGHT* and Feeling *GREAT!***



**Daphne Taylor**



## Synopsis

South Beach Diet Beginners Guide! Learn Everything You Need To Know About The South Beach Diet! Here Is A Preview Of What You'll Learn About South Beach Diet... A Comprehensive Overview of the South Beach DietThe Truth About CarbsThe Fat ComplexWhy You're Exercise Routine Isn't Losing WeightHow Different Food Groups Affect Your HealthAll Three PhasesSpecial Bonus on the back! Do you want to get the best beginner's guide on the South Beach Diet? One that is actually practical and easy to follow? Download your copy today! The South Beach Diet Beginners Guide will give you everything you need to know about the diet including the practical steps and science, all in less than an hour! If you are tired of counting carbs, feeling hungry and fatigued, and just plain starving, the South Beach Diet is for you. The South Beach Diet is one of the more popular diets, and for a good reason: it works. In this book you will find out everything you need to know about the diet, including what it is, how it works, and why it works. \_\_\_\_\_ Tags: south beach diet, south beach diet beginners guide, south beach diet recipes, south beach diet cookbook

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## Customer Reviews

The South Beach Diet shouldn't be called a diet. It should be called a lifestyle change. A diet is something you get on to fit into those jeans for an event. SBD makes you fit into those jeans for life. Yes, it starts off with restrictions like grain and artificial and real sugar avoidance, but in 2 weeks you adapt. When a body becomes acclimatized to a condition, going back becomes unfavorable. Ergo, I've avoided sodas for years, and when I had one at a picnic, it tasted like syrupy malted battery acid. Your body doesn't like change, and this book addresses that, but stick with the first 2 week "boot camp", and it's all down hill from there. Plus there's a bonus of good and no no foods in the back. As the author says, it;s up to you.

This is a short book but jam packed with valuable and nutritional information. Not only does this book give you an overview of the the South Beach Diet but it goes over basic exercises you can do in the comfort of your own home. ThereÃ¢Â¢s also a handy list of food to eat and avoid. If youÃ¢Â¢re looking to start your path to being fit this is a great starter book. Highly recommended.

I have lost a lot of weight with just working out in the gym, but at the same time i was hooked on junk food, so i couldn't get 100% of the benefits from working out in the gym. I have learned about the South Beach Diet and i liked the concept. I just had to find the perfect book that will give me the correct instructions and directions of how to use it. This is the perfect book. Everything is explained very well with great details and it looks very healthy. I will stick with it, for sure.

The book had some helpful tidbits, but nothing that couldn't be found online, for free. The text has a lot of spelling mistakes, grammar issues, and is way too short for what it costs.

The book is less than 20 pages long. Very misleading. All of the information you find anybody could find on the Internet. I urge you to look at the other reviews to compare them to mine. Oh and then if you go deeper there's even a tag for you to buy another book

this book contains low carb diet and south beach diet is known for its popularity. it explains how different food affects health and what modifications will help in loosing weight.it has three phases in first phase explains about eliminating craving for foods and starches. in second phase explains which carbs and starches can be used. third phase discusses about weight loss goal. its good book

to be tried for.

Doesn't tell how to be on this diet. Doesn't say what quantity of a certain food to eat or how many servings of the food groups to eat daily. This is just an overpriced booklet.

too scarce of information. A waste of my money.

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