



Staying Power : Maintaining Your Low-Carb Weight Loss for Good

Michael R. Eades

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The ultimate 365-day lifestyle plan

You've done the diet. Now find out how to maintain your optimal weight and health--for life!

With their 4-million-copy bestseller Protein Power, the Eades were among the first to bring you news of the low-carb revolution. Now, with this groundbreaking new book, they offer you a total step-by-step program for making the new you a lifelong success story.

If you've achieved or nearly achieved your weight-loss and health goals following the Eades' plan or any other low-carb diet plan, Staying Power supplies you with everything you need to take the big leap from low-carb dieting to a satisfying lifestyle. Staying Power arms you with a gold mine of clinically proven tools and strategies, including:

- * A transition-to-maintenance program that helps you make the transition from dieting to maintaining--including two weeks of transitional meal plans
- * A month's worth of delicious maintenance meal plans
- * The 7-Day Low-Carb Boot Camp for when you've slipped or plateaued
- * Almost sixty pages of answers to all your low-carb questions
- * Indispensable advice on how to stick to your low-carb plan during holidays and special events, at restaurants, and while traveling
- * A 365-day fill-in planner, including tips, motivational quotes, and other valuable resources
- * Insights, advice, and inspiration from people who've made the transition to a low-carb lifestyle
- * And more!

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