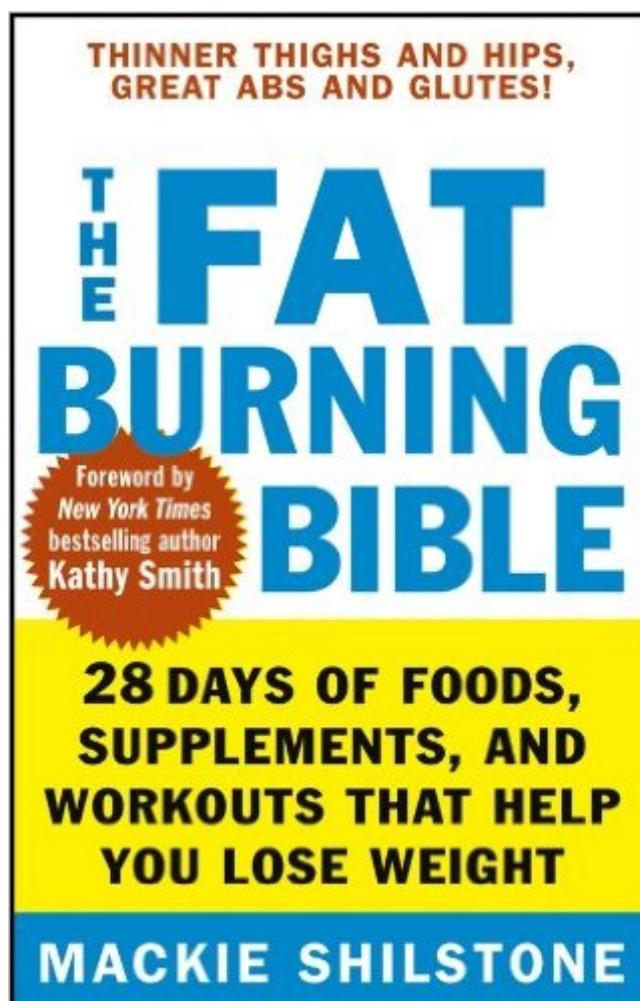


The book was found

The Fat-Burning Bible: 28 Days Of Foods, Supplements, And Workouts That Help You Lose Weight



Synopsis

One of the most comprehensive nutritional and exercise programs I've ever encountered. This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat.--From the Foreword by Kathy SmithMackie Shilstone is famous for helping world-class athletes and business titans look great and achieve peak performance. Now, he presents an all-new approach to burning fat for both women and men. Drawing on Mackie's unique nutrition and exercise programs, The Fat-Burning Bible gives you the secrets and tools to increase your metabolism, target the parts of your body that carry excess fat, and see results in just four weeks. Inside you'll find:* 6 levels of targeted meal plans and 74 recipes featuring low-fat, low-glycemic, high-flavor foods* Mackie's all-new gender-specific cardio, circuit, and core-training routines* 64 step-by-step photographs illustrating the customized exercises* Must-know information on 6 highly effective fat-burning supplements* Real-life success stories of Mackie's clientsThis is the only weight-loss bible you will ever need to burn fat, slim down, and look great!

Book Information

Hardcover: 288 pages

Publisher: Wiley; 1 edition (December 1, 2004)

Language: English

ISBN-10: 0471655295

ISBN-13: 978-0471655299

Product Dimensions: 6.4 x 1 x 9.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #1,489,586 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #158 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #7209 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

I bought this book after seeing a few bad reviews along with all the good ones. Some critics where fair, there is a lot of things in this book that have been said before, but honestly, when was there a big revolution in getting healthy? The only new things in this category are fad diets and we all know they don't work. This book is very well written and it is not only written for the grossly overweight who have tried everything, but it is also written for people who are trying to help health issues such

as high cholesterol and diabetes. Mr. Shilstone does a very good job explaining why things do and do not work rather than just saying it. All of the food recipes work well and he makes sure to make the point of not leaving large groups of foods off your diet, also everything he suggests is very satisfying food that tastes good too. The supplements can be a bit overwhelming if you aren't used to taking lots of pills every day. As for the "9 foods that burn fat" that another reviewer pointed out don't exist, the actual title of that chapter is "foods that burn fat", the chapter number is 9, so that is just a misunderstanding. This book is more about fixing your metabolism so that you can lose fat and not lean muscle mass, if that is not your goal, or you are not willing to invest an hour a day to exercise, you will not fully benefit from this book. With that said, do not be scared by the full hour, this is not a "gym rat" type of workout, it is not designed to become a bodybuilder, it is set up to get your muscles into shape to burn excess calories.

I'm sick of fad diets and books that deliver what they promise but only on the short run, and leave you hanging after the initial weight loss. Mackie Shilstone knows his stuff. There are no gimmicks in this plan. He promises you'll lose up to 3% body fat and go down up to 2 dress sizes (if you're a woman) in 28 days and he delivers. I lost 15 lbs in a month and went from a size 12 to an 8 in a month! But this is no 8-minute miracle plan that will force you to forego carbs. This is the old tried and true approach: you WILL have to work out hard, and you WILL have to eat less calories than you burn. The food is much more approachable than those mad low-carb diets (you can have sausage, cheese, pita bread, etc.), and it doesn't require that you use weird, untested supplements. After the first 28 days, I've moved on to the intermediate phase and I'm still losing weight with the help of menus and detailed workout plans that Shilstone provides. I highly recommend this book. My energy level has shot up tremendously, and now that I'm in the intermediate level I can look forward to relaxing a little on the time I spend at the gym because losing fat and gaining muscle means I'm burning fat more efficiently. If you're sick of going from program to program, try this. You won't regret it.

I'm not sure why Susan Hogloch would write in the review included in the book description that this approach would appeal mostly to men. I urge you other women reading this out there to disregard that comment. The chapter on supplements which boost metabolism alone is worth the price of this book. I can say that because, to date, that's the only part of the book I've had time to put into practice. Just with the addition of the supplements over the span of about 2 months, I lost 14 pounds. That weight came off in exactly the places he writes about (reverse fat gain syndrome) that

often indicates a messed-up metabolism. I can only imagine what will happen once I adjust my exercise regime to his plan and start following the nutritional guidelines. I'm a believer and have been recommending the book to my friends.

While *Lose Your Love Handles*, one of Shilstone's previous efforts, was a solid work, I wanted to see more specific guidance on how to work the rest of the body and incorporate his core training into a complete program. A few years later, Shilstone delivers. The program is extremely well-rounded, with a mix of cardio, weights, core training and intervals, plus balanced meal plans. If you're looking for 5-minute workouts, forget it. You won't have to live in the gym (he also has a home strength training workout you can use), but you will have to invest about an hour a day, six days a week to exercise. This is definitely not a something for nothing plan, but if fat loss and getting in better shape is a priority, you can find a way to do it. The meal plans are good. I didn't see much that appealed to my taste buds, but with a little creativity you could probably come up with some good "Mackie Meals" on your own.

This is a good book. It is well written. It does take some work. You will not just be able to jump in and be able to do the workouts, they are simple exercises but putting them together in circuit training takes some getting used to. The recipes are good they are every day foods. I have just started working the program but I have no doubt I will lose body fat if I follow the principles set forth in this book.

This is such a doable program. The food suggestions are excellent-affordable-easy to prepare. The workout program is fun and offers variety for the bored exerciser. Mackie makes getting healthy easy-even in New Orleans!!

[Download to continue reading...](#)

The Fat-Burning Bible: 28 Days of Foods, Supplements, and Workouts that Help You Lose Weight
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies

For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) HIIT Made Easy: Burn Fat and Lose Weight Fast, With 20 Minutes High Intensity Interval Workouts You Can Do at Home Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss

[Dmca](#)