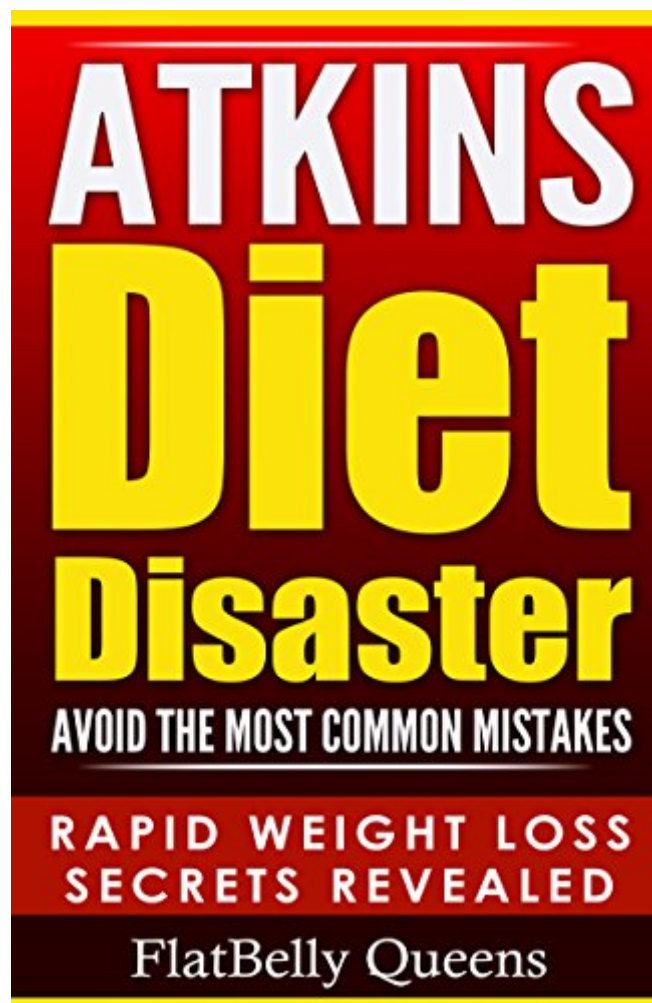


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# **ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets For RAPID WEIGHT LOSS With The Low Carb Atkins Diet (Atkins Diet, Atkins ... Diet, Paleo Diet, Anti Inflammatory Diet)**





## Synopsis

Avoid The Most Common Atkins Mistakes and Discover How To Make The Atkins Diet Work For You! Dear Friend, Losing weight is never an easy process, even if you are doing a proven diet such as the Atkins diet. You start a diet with high hopes and the motivation to do anything, but, as human nature isn't consistent, you may start to struggle. This can be especially true on a diet such as Atkins, which, although proven to help people lose a great amount of weight, can be difficult because of the lifestyle changes that are required. If you have found that your diet is stalled or that you are having some difficulties following the Atkins diet, you're in the right place. You don't have to give up the diet or struggle anymore! This book has the answers you're looking for! This book will describe many of the most common pitfalls and how to avoid or reverse them. Go through each pitfall listed in this book and see which ones applies to you. Once you are aware of these mistakes and have strategies in place to avoid them, you will undoubtedly succeed! Here are some of the key mistakes covered in this book: Calorie Misconception Fat Phobia Specific Lifestyle Changes Measuring Ketones Disaster Pants Whacked Out Electrolytes Staying On Track Bio-Individuality And Lots More! We have written this book so you don't have to fall victim to these easily avoidable mistakes. Make the Atkins diet work for you not against you! Examine This Book For A Full 7 Days 100% Risk FREE! That's right! If you are not 110% satisfied, you have seven days to go to [Manage Your Kindle](#) page and ask for a complete Refund. And, it's easy to order! Just click the Buy Button! One more thing! We have included a free weight loss report which is only available for a limited period. Based on the feedback received, this report produces unbelievable results when combined with the book. Yours sincerely, FlatBelly Queens

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## Customer Reviews

Arrived on time and as expected

It's a really helpful book! Well written, informative, a lot of insight about why the Atkins approach works and the FAQ are quite helpful. I read the book all the way through then made a decision to follow their approach.

Not very much information

this book is actually worthless!!! it has repetitive information and doesn't give tips on anything that is valuable to help when having problems with the weight loss. there are no rapid weight loss secrets revealed in here. Do not buy it.

Good tips to keep in mind if you're doing Atkins. Low carb living isn't easy, but knowing how to avoid some hidden pitfalls is helpful.

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