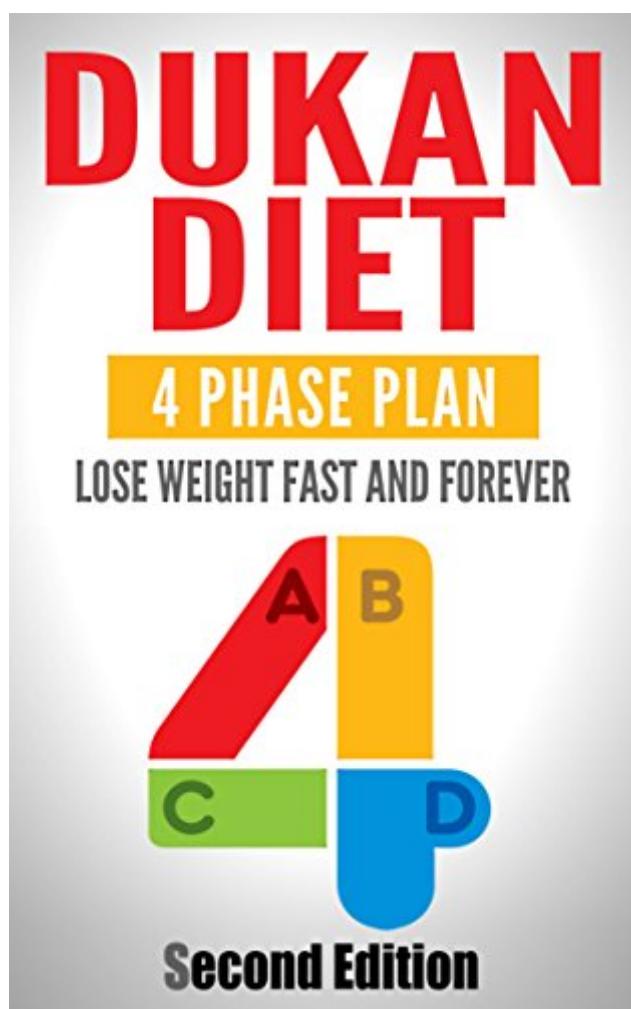


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# **DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)**





## Synopsis

Dukan Diet 4 Phase Weight Loss PlanOver 3,000 Satisfied Customers ~ 2nd Edition - New content just added at no additional cost! Now available in paperback! Discover the Power of the Dukan Diet - and How it Can Change Your Life\*\*\*Read this book for FREE on Kindle unlimited - Download Now!\*\*\*Four Phase Diet To Lose Weight And Keep It Off! Unlike Other Diets, The Dukan Diet Plan Has 4 Simple Phases That Anyone Can Follow!The Attack PhaseThe Cruise Phase The Consolidation PhaseThe Stabilization PhaseLose Weight NOW And FOREVER in 4 Easy Phases!No matter how hard you try, there is no escaping the fact that you need the right diet to meet your weight-loss goals. Do you ever wish you could finally get your weight under control?Dukan Diet 4-Phase Plan: Lose Weight Fast and Forever!Dr. Pierre Dukan created this amazing diet that has the power to succeed where others have failed. It has attracted many famous people, and also its share of controversy. This book helps to explain the Dukan Diet, the relevant statistics, and how it can work for you!Discover the 4 phases of the Dukan diet: attack, cruise, consolidation, and stabilization. Formulate a meal plan that suits your lifestyle and goals. Find out what foods to eat in each phase, and how to calculate phase durations - so you know when you're ready to move on!Dukan Diet 4-Phase Plan also provides recipes for each phase, as well as tasty dressings and sauces!Learn Everything You Need To Lose Weight Fast And Forever In 4 Simple Phases! Don't WEIGHT Another Minute! Download Now!.

## Book Information

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## **Customer Reviews**

I never tried any form of diet since my body can digest my food intake almost instantly. Gaining weight was never been my problem as well as calorie counting. Indeed, they say that I am lucky for having a "not so thin and not so fat body. This is the first time I came across with this diet book. I read it twice I think and I am kind of interested in trying some of the recipes so I can keep up and to stay healthy as well. This book is not just for those people who wants to loose some weight but to keep our body in shape and healthy too. The only thing I wanted for this book to have some improvements are the "text". Some pages has a smaller letters then the rest is OK. I actually had a hard time to reading it. All in all this book is a great help for people like me to establish the way of eating healthy food.

As diet books go, this one is well researched and leaves the reader with the idea that yes, this one will work. There is accountability on the part of the dieter to actually go through the four phases, the Attack phase, the Cruise phase, the Consolidation phase and the Stabilization phase. The Attack phase is the most stringent and there are certain foods you can have and of course cannot have and they are different in each phase. The Consolidation phase could be described as how you are going to be handling your diet once the first three are handled. I liked how the author Jennifer Atkins mentioned not only the pros to the diet but also the cons and has recipes for each of the phases.

This one of the greatest diet plan I've ever read.I'm hearing many things about Dukan Diet, but I don't know anything about it. So when I saw this book I bought it, for me to know more about this diet. I'm on a diet right because I wanted to lose weight fast. I'm hitting the gym for about 2 hours and 3-4 times a week. But I've wanted to become more fit and sexy. I think this book will be able to help me with this problem. Everytime I hit the gym I'm always hungry and I think this book may help. When I saw this book I was hooked by the title Dukan Diet plan. I love reading it specially the 4 phases of a diet plan. Jennifer Atkins did a great job in writing this book. A very simple book to read. I will be recommending this book to my friends. I'm very happy I read this book. I learned a lot from it.

I always see dukan diet books in the recommended books section here in and so became curious. Besides, I was really looking for a diet that works best for me. Well, as I see it, Dukan diet is not a restrictive diet. The 4 phases presented in this book are good for not surprising our body in taking in smaller amounts of foods and nutrients as well. It will also give the individual time to adjust his mind set. This book is nice when it comes to information and facts about this diet. The recipes are seemed much better than any other diet recipes. However, the look in the inside is not taken care of, the font sizes aren't constant so I gave it a rating of just four.

I've read plenty of diet books. I really like this one about the "Dukan diet", or the protein based diet - which focuses on helping you lose weight. The book helped me understand the fundamental ideas of the diet, giving lots of information of the kinds of foods you can consume, pros and cons of the plan, and various stages of the diet. Its always tough for me to change my bad habits, but Jennifer gave great tips that will help motivate me to keep up with the diet plan. This is a perfect stepping stone for those trying to lose weight.

Very interesting diet some what similar to Tim Noakes diet plan. As I read through doing reaches on healthy dieting I always ask myself is this a long term life style change or a diet to follow for few months to lose the desirable weight? In my personal opinion I would say that the Dukan diet will be more a short term diet and not to pursue this eating plan for the rest of your life. Simply because of the cons mentioned in the book. I think it is important that there should be a healthy life style diet plan to follow on long terms as to put your self at risk doing short terms diets.

1-Dec-2015 Yvonne The most interesting thing about Dukan diet that it helps you to lose weight without spending hours at the gym. To be honest this is the first I've heard of this kind of diet and because I always found it very difficult to go to the gym as I had no time for it, I decided to try this diet. I learned everything about Dukan diet from this very interesting book starting from the four stages of the diet (The Attack Phase The Cruise Phase The Consolidation Phase The Stabilization Phase).

I have gained several pounds and would like to shed it fast and decided to purchased this book which provides a diet with a difference ,created, tested and proven by Dr. Dukan a doctor who was obese and wanted to lose the weight and prevent it from coming back on. This diet consist of four phases , each phase is well documented and explained , with supporting statistic sample, detailed

pros and cons are highlighted. I like the fact that the diet is high protein and allows no muscle loss , a host of recipes are listed within this book is written

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