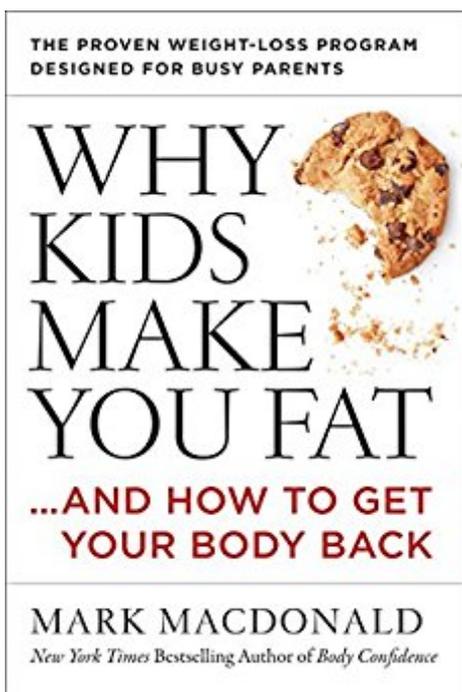


The book was found

Why Kids Make You Fat: and How To Get Your Body Back



Synopsis

It's no secret that most of us get flabbier the older we get, and it's no surprise that the biggest spike in weight happens in the early stages of parenthood. Mark Macdonald knows the struggle himself, having gained thirty-five pounds after the birth of his son. It happened to him even as a nutritionist and former fitness model, so he knew he wasn't alone in the struggle. Along with his wife, Abbi, Mark has created this proven eight-week program specifically geared toward parents to help them shed the weight, discover new amounts of energy, and most importantly, create new sustainable habits to keep it from coming back.

Book Information

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Customer Reviews

I became an avid follower of Mark Macdonald's program 7 years ago and it totally changed my life and how I think about my food and my health. I was a chronic dieter and had done virtually every program out there..and failed! I grew up watching my Mom diet. When I saw her eating cottage cheese and peaches..I always knew she was "dieting." I had been taught no other way. Restriction and flavorless bland food was the prescription I had been told was the "magic" and if I followed the

plan long enough and fought through the hunger hard enough, I would reach my goal. Right?...wrong! Diets and restriction....and my biggest challenge is that I loved food!.... I loved to cook, and loved to entertain and eat out in restaurants. I DID NOT like being hungry and my husband really didn't like my grumpiness from that hunger. I had thyroid challenges, I was tired and low energy..and extremely frustrated! Andâ | I really felt like a failure....I believed I had no will power, no discipline and no focus. Why could I not "diet" long enough to reach my goals?? I needed to find a better way to live.What I realized from following Mark's plan is that "I" was not the problem. The system was broken and I had been trying to achieve a goal through a process that was absolutely broken. This is when I was introduced to the physiological science of blood sugar stabilization. Simpleâ |eating in 3â™sâ |Protein/Fat/Carbs and eating small meals of my choice all day. No â œgood foodâ •â |no â œbad foodâ •â |Just choicesâ |MY choices. No more restriction...No more cravings...No more deprivation....ANDâ |.NO more failure. I achieved my goals and still live this program every day. Trulyâ |a life changer. ï• Mark's first book, Body Confidence is simply amazing and is now being followed by this newest book....geared toward parents and very busy people with an even more simple approach. Itâ™s a must read for anyone that has lost hope with their endless attempts at â œdieting.â •

This compelling book is written with heart and soul. Living this Plan of eating every 3 hours (Protein,fats and carbs-PFC) has changed my life. As a formerly obese woman weighing almost 300 lbs..I made a commitment ..The COURAGE to TRY... Unable to tie my shoes, bend down or do simple things people take for granted. 13 months later, I have lost 110 pounds, over 72 inches and transformed inside and out with normal blood pressure, BMI close to average range and lower body fat. My Courage turned into CONFIDENCE 1% at a time. Mark Macdonald has created a page turning book to change your mindset and backs it up with testimonies of Parents who have transformed and paved the way for future generations. . Mark's inspiration gives HOPE to help everyone get healthy with a lifestyle filled with energy and a zest for life ! Gifting this book to loved ones and friends is priceless! Especially love the amazing recipes to help you keep your menu creative and on plan. Knowledge is powerful, but Mark Macdonald's wisdom shows YOU how to use it!

I highly recommend this book! This easy-to-follow plan gives busy parents the tools they need to successfully implement a healthy lifestyle. My husband lost 50 pounds in 4 months, and now our entire family (including my teenagers) have made this a lifestyle. We all feel (and look) amazing! I

own a nutrition practice, and I recommend this book as an added tool for all my clients. Diets will NEVER work. This book helps you understand WHY. It gives you the knowledge and tools to lose weight the healthy way, and to get your whole family on board with a healthy lifestyle.

Since entering the fitness industry in 1986 and even before becoming a certified and licensed Nutritionist three and a half years ago, I have always operated and taught that giving up everything you love is not the answer. There has to be a balance in order for success to be achieved. When I first heard about Mark Macdonald's program (outlined remarkably well in his first book, Body Confidence), teaching blood sugar stabilization rather than dieting, I remember thinking "...this is something everyone can do and have success with." and that's exactly what happened. "Why Kids Make You Fat.." is sure to be an even bigger success as it goes even further, outlining the program in an easy to follow step by step layout. The best part of this program is not only do people become aware of how food is metabolized and used in their bodies, they are educated on how to eat the foods they love correctly to achieve their weight loss and health and fitness goals and maintain them for life. I have placed a bulk order to share with my clients, giving them something to enhance and follow up their program with. Many people have tried diet after diet, with little or no success, leaving them depressed, unhealthy and often feeling like a failure. It's time to realize that you are not the failure, the diet failed you. If you or someone you know needs to stop yo-yo dieting once and for all, I recommend you give them, or yourself, this book. Read it, apply it and begin taking back control of your health. Tania Gustafson, Nutritionist & Fitness Coach (IBNFC)

I highly recommend this book to everyone. This is not just for parents but for busy people. I have taken this journey and have followed the plan and I must say at 46 I feel amazing and look great. I gave this book 5 stars because this can end the diet madness and help so many people get their health and life back. I have bought multiple books to share with my clients. Super excited.

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