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46 CHOOSE MORE, LOSE MORE FOR LIFE her weight, but she had no clue where to begin. Assuming that if she ate less, she d weigh less, she tried fad diet after fad diet.

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With CHRIS POWELL S CHOOSE MORE, LOSE MORE FOR LIFE, you will always be challenging your body and changing your resistance training regimen, so your body will never plateau and never stop moving forward.

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Choose More Lose More by Chris Powell

If you haven't read Choose to Lose, I'd actually start with that one. He says he simplified things in this new book but I actually find it to be more complicated. The recommended exercises in the earlier book seem like a better fit for a beginner.

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Choose More Lose More for Life Chris Powell

Choose More, Lose More for Life offers four different carb cycle programs and twenty workouts (called Nine-Minute Missions) that pack maximum results into minimum time.

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Chris Powell's Choose More Lose More for Life by Chris

Chris Powell is the star of and fitness expert of ABC's primetime show, Extreme Weight Loss. Chris holds a degree in Exercise Science, with concentrations in biomechanics and physiology and the training accreditation: The Certified Strength and Conditioning Specialist (CSCS).

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Chris Powell's Choose More Lose More for Life by Chris

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation.

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Choose More, Lose More, for Life. Choose More, Lose More for Life. offers four different carb cycle programs and twenty workouts (called Nine-Minute Missions) that pack maximum results into minimum time.

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