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Frank Suarez has a wonderful way of introducing a method of understanding ones unique metabolism in order to achieve weight objectives. The theories he presented are based on his personal experience and knowledge, which made me better understand how my body works in understandable layman s terms.

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The Power of Your Metabolism by Frank Suarez was quite an eye opening read. At first I'm not going to lie, I thought this would be a "Preachy" type of tutorial based book. But contrary to my initial belief it was quite straight forward and a take a or leave it format. Suarez presents facts on all that we all know we could and should do better.

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