

## Extreme Transformation: Lifelong Weight Loss in 21 Days



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 coauthored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last 10 pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, listeners will see the hidden path of transformation; be guided through fast and fun exercises; and enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the carb-cycling core that has driven Chris' first two national best sellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance - high-impact results in as little as three weeks.

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Back. Double-tap to zoom 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 **Chris Powell: Extreme Transformation : Lifelong Weight Loss in 21** Editorial Reviews. About the Author. Chris Powell and Heidi Powell are the stars of ABC TVs prime time hit show, Extreme Weight Loss. They are regular **Extreme Transformation: Lifelong Weight Loss in 21 Days** : Extreme Transformation: Lifelong Weight Loss in 21 Days (Audible Audio Edition): Chris Powell, Heidi Powell, Hachette Audio: Books. **Extreme Transformation: Lifelong Weight Loss in 21 Days eBook by** Extreme Transformation: Lifelong Weight Loss in 21 Days by Chris Powell and Heidi and transformation specialists from the hit TV show, Extreme Weight Loss **Extreme Transformation: Lifelong Weight Loss in 21 Days - Amazon** - Buy Extreme Transformation: Lifelong Weight Loss in 21 Days book online at best prices in India on Amazon.in. 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