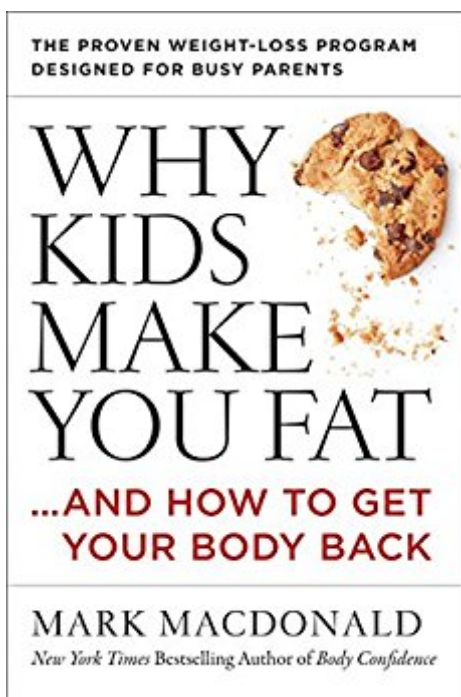


The book was found

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

File Size: 18070 KB

Print Length: 320 pages

Publisher: HarperOne; Reprint edition (April 28, 2015)

Publication Date: April 28, 2015

Sold by:Â HarperCollins Publishers

Language: English

ASIN: B00MEJUHM6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #279,041 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Weight #1182 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight

Maintenance #1188 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss

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 âœgood foodâ •â |no âœbad 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. • 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 âœdieting.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.

[Download to continue reading...](#)

Why Kids Make You Fat: â |and How to Get Your Body Back Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back Get Your Ex Back: The 4 Things Your Ex Needs You to Do to Get Back Together Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) How to

Make a Man Fall in Love with You: How to Seduce a Man. 6 Simple Steps to Make Him Beg for Your Attention (Dating Advice for Women - How to Get the ... Want You) (How to Get a Boyfriend Book 1) Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) How to Get Your Ex Back Fast: Toy with the Male Psyche and Get Him Back with Skills Only a Dating Coach Knows Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Jokes for Kids: 400+ Funny Jokes for Kids: Funny and Hilarious Jokes for Kids - Funny Jokes - Kids Jokes - Jokes and Illustrations Jokes:Best Jokes For Kids: Laugh out loud fun jokes(Jokes,Funny Jokes,Jokes for kids,Best Jokes,Funny Book,Jokes free,Jokes for free,for kids,riddles,quiz ... for kids,best jokes,laugh out loud) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life JOKES: Jokes For Kids To Get Them Giggling! (Clean Jokes, Jokes For Young Kids, Funny Jokes, Kids Jokes, Joke Books, Best Jokes, Funny Books)

[Dmca](#)