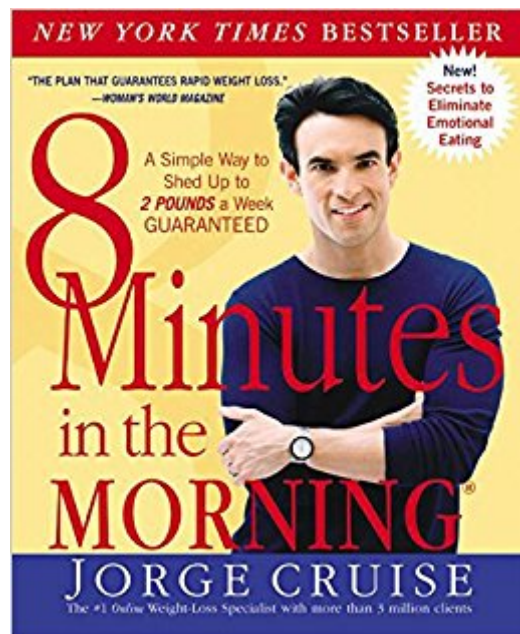




The book was found

8 Minutes In The Morning: A Simple Way To Shed Up To 2 Pounds A Week -- Guaranteed



Synopsis

With 8 Minutes in the Morning you will: NOT do aerobics, NOT spend hours in the gym, and NOT be on a starvation diet. What's Jorge's get-slim secret? Just 8 minutes of his unique strength-training moves done in the privacy of your home. A few minutes each morning is all you need to lose up to 2 pounds a week. Add the cutting-edge eating program that teaches you how to eat the right fats to satiate your hunger and cut your calories, plus a daily dose of motivational support from Jorge, and weight loss has never been easier! Jorge's fat-burning program includes: Two super-quick moves a day A delicious eating plan where you don't count calories and you must eat fat Daily pep "talks" to help you hit the ground running Access to Jorge's online community that will help keep you encouraged and connected Plus, you'll find Jorge's brand-new "On-the-Go" Weight-Loss Travel Cards inside. So get ready to look slimmer, sexier, stronger in just 8 minutes!

Book Information

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Customer Reviews

Fitness trainer Jorge Cruise has helped 3 million cyberspace clients lose weight, and now he's headed for your bookshelf with the same goal in mind. In just eight minutes a day, says Cruise, you can drop two pounds of fat per week, change your shape, and gain muscle and energy. His secret formula: an inspirational "wake-up talk," followed by strength training two muscle groups per day, eating according to his "eating card" program, and keeping a journal. For exercise, Cruise presents a varied, 28-day program of illustrated exercises using dumbbells. Why the emphasis on strength training? While aerobics burns calories while you're exercising, adding muscle revs up fat burning at

rest by increasing your metabolic rate. Every pound of muscle you gain burns an extra 50 calories per day. You'll look better and feel younger and more energetic, resulting in more activity, burning more calories, he says. Cruise's eating plan emphasizes "good" (omega) fats, complex carbohydrates, high-quality protein (low in saturated fat), and vegetables, with dairy, fruits, and "treats and cravings" in moderation. His "Eating Card System" gives you an allotment of portions from each of the food groups. If you're the kind who likes the regimentation of following a specific program every day, Cruise will get you moving, eating better, and losing weight. --Joan Price --This text refers to an out of print or unavailable edition of this title.

• A must for anyone trying to lose weight and get in shape. It works! • (Denise Austin, Host of Lifetime TV's Daily Workout) • ...a great way to jump-start your morning and pump you up for a lifetime of success. • (Larry North, author of Living Lean and Larry North's Slim Down for Life) • Jorge shows you how to get great results in less time than it takes to shower in the morning. • (Kathy Smith, author of Kathy Smith's Fitness Makeover : A 10-Week Guide to Exercise and Nutrition That Will Change Your Life) • If you want to get fit, firm, and feel better about yourself, give this program a try! • (Catherine Cassidy, editor-in-chief of Prevention magazine) • Jorge will get you up and started • (Jack LaLanne, host of the nationally syndicated TV exercise show and • The Godfather of Physical Fitness •) • A science-based quickie strategy that has already helped millions of folks get slim. • (Women's World magazine) • The new program will have you fit, firm and feeling fabulous -- no sweat required. • (First for Women magazine) • The perfect plan when you are short on time. • (Prevention magazine) The plan that guarantees rapid weight loss. (Woman's World magazine) Jorge wants to get you super-healthy, not just super-lean. (Lisa Klugman, editor-in-chief of Fit magazine) ...Jorge Cruise has the solution for both time and body... (Tamilee Webb, M.A., star of Buns of Steel video series) A weight-loss expert that explodes misconceptions about fat and introduces how the • right • fat can make you fit. • (Jade Beutler, author of Understanding Fats and Oils and renowned "fat" researcher) ...wonderful results without struggle. (Howard Joseph (lost 91 pounds!))

I've been overweight & out of shape for way too long. After easing into the exercise & diet practices in this book for only a month, I'm 10-pounds lighter, much more firm & noticeably stronger! I can keep doing this! Thank you Jorge!

Bought this book to replace the one I already owned because I let a friend borrow and she never

returned it. Great book...easy eating plan and super easy exercise plan. It works!

great book

nice

I've read all the way through and started the program...we'll see if I will continue and achieve the results it says.

I like the how easy this book is to follow, good program overall.

I first found Jorge Cruise in the [...] Connection magazine. I downloaded his free "Belly Fat Report" and then purchased 8 Minutes in the Morning. In the past I've tried every diet out there from Atkins to The Zone to South Beach, etc. Most of the time I would lose weight, become very frustrated with the deprivation, stop the program and gain the weight back. I never realized until I read this book as to why I was constantly craving sugar. I WAS the biggest sugar addict on the planet. I loved fruit, fruit juices, soda and every kind of sweet out there. On Jorge's plan, you pay close attention to your sugar intake (it doesn't mention this in the book but you should strive for no more than 15gm sugar/day and 6 servings of carbohydrates). Most plans lump all carbs into the same undesirable category. Anyway, I didn't find the first week to be exactly starvation, as some reviewers have pointed out, but I did get hungry a few times and chewed quite a bit of sugar-free gum! I felt great after the first week and very much looked forward to having more food starting with week 2. Bottom line: I no longer crave sugar, and I actually treated myself to a half-slice of cheesecake on my birthday. I ate 3 bites on the birthday, 3 bites the day after, and 3 bites the day after that. For me to do anything less than gobble up the entire dessert is unheard of. I am so glad that I am now in control of my eating instead of the other way around. I recently saw a youtube video of Dr. Wayne Dyer on Ellen Degeneres' talk show and he interviewed Jorge Cruise, who told him that in the 1800s people ate an average of 13gm sugar per day, and now it is 245gm/day. Dr. Dyer limited his sugar intake to about 25-30gm/day and lost 15 excess pounds in one month. This program may not work for everyone, but if you are BIG TIME addicted to sugar, I'd give it a try. I've lost 16 pounds and have quite a bit left to go, but I am very confident that I will get there because this is so easy. The daily exercises are simple and only require a set of weights. P.S. After ONE WEEK on Jorge's program my cholesterol dropped 25 points.

Excellent book. I bought it for myself but at 72 so out of condition lower body too difficult. Going to give it to a family member.

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