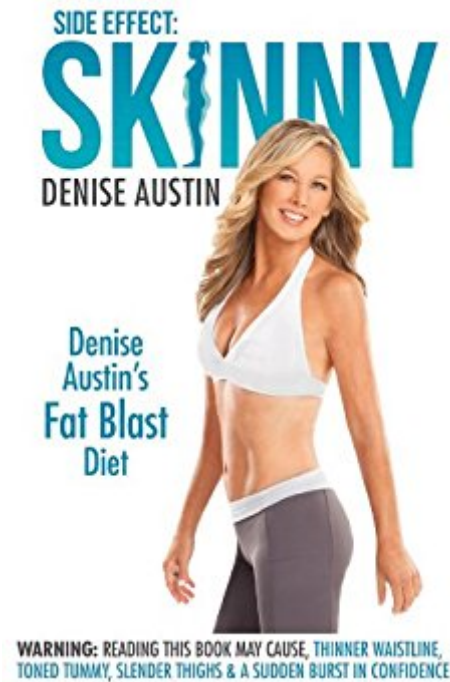


The book was found

# Side Effect: Skinny: Denise Austin's Fat Blast Diet



## Synopsis

It's a common sentiment among all women: we want to be fit, we want to get healthy, and we want to have more energy to live our busy, beautiful lives! Denise Austin, the internationally-renowned fitness guru, understands women's wants, needs, and the hurdles that they face. In her newest book, *Side Effect: Skinny*, Austin shares her secret fat-blast diet and healthy, delicious eating plans, alongside her fun and effective workout regimens. A culmination of Austin's decades of research and experience getting real-life women to look and feel their very best, *Side Effect: Skinny* introduces easy-to-implement weight loss solutions and simple yet powerful methods that encourage women of all ages to stay fit. She's redefining "skinny" and showing you that you don't need to be rail-thin to look gorgeous and live healthier. Possessing straightforward, real-life health tips, meal plans and fitness solutions, *Side Effect: Skinny* reveals:

## Book Information

File Size: 1831 KB

Print Length: 248 pages

Publisher: Bird Street Books; 1 edition (November 23, 2012)

Publication Date: November 23, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00BBLBZWE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #429,301 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #75

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

#110 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #1029 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

## Customer Reviews

*Side Effect Skinny* is more a lifestyle plan than a "diet" book. In it Denise Austin states that "there are no more excuses why you cannot lose those last 10 or 20 pounds that have been haunting you

forever." She walks you through reasons to lose weight, the importance of fitness, menu plans, and recipes. Denise uses calorie confusion and muscle confusion as the basis for the plan. Instead of sticking to a certain calorie count everyday she suggests cycling through calorie counts two days at a time with a "Super Splurge" day. what's nice about the "Super Splurge" day is that there is still a calorie limit and a practical breakfast and lunch. There are also a few recipes in the back to assist with the new plan. Depending on your goals, there is a Phase 1 and a Phase 2 before you move onto incorporating the plan in your lifestyle. Phase 1 has several low calorie days (below 1200 calories), some average and then your "Super Splurge" day which is always 1500 calories. There is advice for signs and symptoms that you may need to increase your intake but the diet itself is not based on the persons individual size. The fitness part cycles weight training with cardio. The cardio plan itself is an interval walking plan at 30 minutes. It's easy to follow and does produce a sweat. The weight training is a little light. There are only seven compound moves and weights of 5-8 pounds are the recommendation. It is odd that she includes newer techniques such as calorie confusion and muscle confusion but still holds onto old school thoughts about women and weights. On the flip side Denise Austin looks great and it's clearly worked for her. Overall, Side Effect Skinny, is a great plan filled with practical advice and a solid plan.

Normally when review books I try to stick to areas with which I'm most comfortable - pastoral care, family interests and church matters. Today, I'm stepping out of the comfort zone to let you know about a book that could very easily have a major impact on your life for years to come. Side Effect Skinny: Denise Austin's Fat-Blasting Diet punches both your fat cells and your guilt gene in all the bad, bloated areas while encouraging the "skinny" you to run away from cravings and master those tough temptations. Could it really have a major impact on your life for years to come? Absolutely. Too early in my marriage and ministry I neglected my physical health in the name of being "too busy" to go to the gym, both my marriage and ministry began to suffer. About four years ago that changed when I realized that I needed to pay more attention to my physical health so that I could remove stress, take care of myself for my wife and children's sake and actually be more productive on a daily basis. Side Effect Skinny backs up that hypothesis by teaching a balanced approach to a healthy lifestyle that includes exercise, proper eating habits and getting enough rest. So, who is Denise Austin and what qualifies her to write her latest book? According to her online bio Austin, Denise Austin is a pioneer in the fitness industry who has sold more than 24 million exercise videos and DVDs, authored 12 books on fitness, and starred in the longest running fitness show in the history of television. Denise's trademark zest for life, positive outlook, and can-do attitude have

endeared her to millions of fans across the country -- and around the world -- and earned her the reputation as "America's favorite fitness expert." A native of San Pedro, Calif.

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

Side Effect: Skinny: Denise Austin's Fat Blast Diet Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) 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) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Stir-Fry Yourself Skinny (Low Fat, Stir-Fry Diet Recipes, Lose Weight Healthy Without Diet Pills Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) 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) Diets: The Skinny Delicious Diet (Your Smart Genetic Pathway to a Leaner New You (Your Permanent Weight Loss Program): Over 100 Paleo and Vegan Recipes ... (Free Yourself From Excess Fat Forever) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose

Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Ketogenic Diet: Fat Fueled Diet. (Meal Plans, Weight Loss, Fat Loss, For Beginners, Keto Mistakes, Recipes, Low Carb Diet) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)

[Dmca](#)