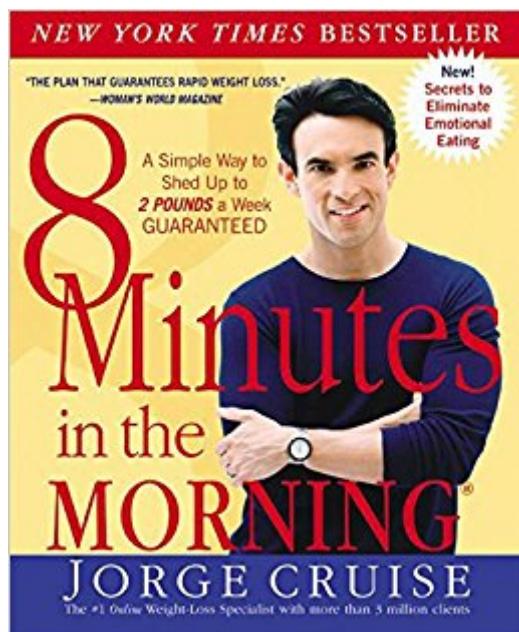


The book was found

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 connectedPlus, 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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Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (315 customer reviews)

Best Sellers Rank: #170,107 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #1419 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2144 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Jorge Cruise has developed a quick way to "jump-start" your morning. By performing only 8 minutes of strength training and following a simple diet Jorge says you can shape up! In fact on the cover of his book he guarantees weight loss in just 4 weeks.I think the strength training aspect of his program is very good. The photographs are clear and the descriptions for the exercises are concise. Jorge leads you through 4 sets of 12 repetitions for 2 exercises, alternating them for greater effect.There are a number of exercises including standing heel raises, kickups, knee pushups, and one arm curls.Despite the short time period, I could feel a nice difference in my body in under a

week. Though it's easy to not exercise, it's hard to make excuses when it's only 8 minutes! Great Concept! It would be nice if Jorge had included modifications for those who had difficulty performing the exercises. Jorge also includes a motivational thought for the day. Each day has a different idea to hopefully "kick" you into high gear. Ideas such as visualization, using light, rewards etc. Nothing new, but a nice addition to the book. The diet is your standard low calorie type fare, with one addition. Jorge has you add one tsp. of flax oil (which you can also purchase from him) or olive oil to your meals to give you that feeling of satiation. I purchased Jorge's flax oil and indeed it does make you feel full..but I found the taste was very hard to get used to. Overall, I was disappointed in the diet. Jorge does not use the new information about how glycemic levels can be effected by certain foods and he suggests foods that easily turn to sugar in your body like bananas.

In a fit of desperation and with a healthy skepticism toward fad dieting, not to mention barely any time to devote to calorie-counting and long, tedious exercise sessions, I scanned through several weight-loss books available at the local library. Out of the five or so books I perused, Jorge Cruise's seemed the simplest and the most practical for my busy lifestyle. As a lifelong yo-yo dieter and well-versed in nutrition (although in the past this didn't keep me from eating wrong anyway), Jorge's plan seemed safe, nutritionally sound and quite possibly do-able for me. The text read smoothly and offered interesting sidebars showing the dramatic results his clients experienced while on his program. Even though some of the exclamations of life-changing results of epic proportions rang a bit bogus to me, (I know for a fact that weight loss can make you healthier, but not necessarily happier), I liked the straightforward message Mr. Cruise was sending. If you try, even just a little, to live a healthier lifestyle, you will become healthier. That, combined with the sweet simplicity of the program itself, was enough for me to give it a shot. I've been on the program for two weeks now and have lost a total of 9 lbs., thanks partially to the near-starvation diet that comprises the first week. It is pure torture, no two ways about it, but it does help rid the body of toxins (especially if you drink the recommended 8 or more glasses of water daily) and set you up with the right frame of mind regarding food as fuel instead of for gratification. I found the daily affirmations fun but by no means necessary, nor did I eschew caffeine or my once-daily teaspoon of sugar in my evening herbal tea. I also did not change from regular milk to soy as he suggests.

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