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Summary of Jeff S. Volek's the Art and Science of Low Carbohydrate Living: Key Takeaways Analysis (Paperback)

By Sumoreads

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In their book, The Art and Science of Low Carbohydrate Living: An Expert Guide to Making the Life-Saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable, Jeff S. Volek and Stephen D. Phinney make a convincing argument that the human body does not NEED carbohydrates to survive and provide the science behind their claims. This SUMOREADS Summary Analysis offers supplementary material to The Art and Science of Low Carbohydrate Living to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis Include? Executive Summary of the original book Editorial Review Key Players in the book Key takeaways analysis from each chapter Brief chapter-by-chapter summaries A short...


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