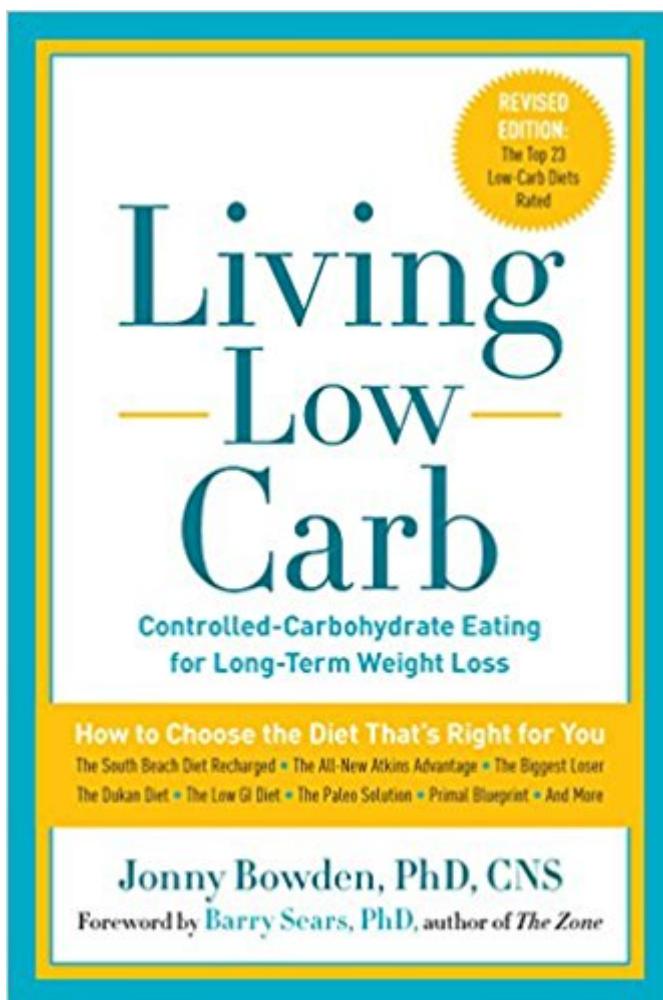


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# Living Low Carb: Controlled-Carbohydrate Eating For Long-Term Weight Loss



## Synopsis

The best low-carb guide just got better. Nationally known nutrition expert Jonny Bowden's bestselling low-carbohydrate eating plan is now both more flexible and more effective at fighting appetite cravings. This updated edition of Living Low Carb explores the many scientific discoveries made in the last five years about brain chemistry, appetite, cravings, carbs, and sugar addiction. With refreshing candor, Bowden evaluates all the low-carb programs in light of the latest scientific research, including the Dukan Diet, the Low GI Diet, and the Ultimate New York Diet, showing you how to customize your own healthy plan for long-term weight loss and optimal well-being.

## Book Information

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## Customer Reviews

Jonny Bowden, PhD, CNS is a board-certified nutritionist and a nationally known expert on weight loss, nutrition, and health. He's the health columnist for Forbes Online, a member of the Editorial Advisory Board of Men's Health, and he blogs for America Online and the Huffington Post. The author of seven acclaimed books, including the bestseller The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, and The 150 Most Effective Ways To Boost Your Energy, his work has been featured in over 50 magazines and newspapers, ranging from the New York Times to US Weekly. He's appeared as a nutrition expert on CNN, Fox News, MSNBC, ABC-TV, NBC-TV, CBS-TV, Martha Stewart Living, and Oprah and Friends. His latest book is The Most Effective Ways To Live Longer. Visit him at [jonnybowden.com](http://jonnybowden.com).

There are so many different low carb diets out there, it is often difficult to know which one would be right for me. This book is very valuable because it gives an honest, accurate appraisal of various low carb diets that are out there. After reading this book, I know, by the author's descriptions, which diets are for me and which ones would not work with my lifestyle. I appreciate this book because it saved me the expense of buying a book and having it land up in my graveyard pile of books that I don't use. I hope he writes another one.

Very pleased with this book overall. As some have noted, the entire middle section is taken up with comparisons of the various low carb diets out there. That was OK but I must admit I did not read all of them. The best features of this book are that the information is presented in a very readable and entertaining way, and that the author does not advocate for any specific form of low-carb diet. There are occasional plugs for his own stuff, but not tons. The parts which discuss why low carb works, and Chapter 12 which explains how to do low carb without following somebody's "program" were the best for us. My husband who would never have dragged his way through some of the drier low-carb books out there, read and enjoyed the relevant bits of this book. After about three weeks, we have both lost several pounds. I wasn't even intending to lose any, started at 128 lbs! We are eating tasty food, not counting calories, never hungry and eating more veggies than ever. Plus no midday shakiness from blood sugar drops. Really, what's not to like about an eating plan that tells you to eat lots of avocados, olive oil, colorful veggies, nuts, tasty meat and fish, not to fear butter, etc? Nom nom nom. For those wondering, this is not a recipe book...no recipes to be seen. It is a why and how book. I did buy a recipe book but really it comes down to: make meat or fish main dish, don't serve anything high-carb with it, make a colorful plate, cook with some healthy oils/fats. So if you already know how to cook, you may be better off just surfing the internet for low-carb recipes.

Fabulous resource, I am a personal trainer and fitness nutritional consultant and I love this book! The author gives an excellent overview of several low carb. diets. He gives a synopsis of the authors program, most importantly he gives his opinion on the science behind the program, what works, what doesn't and why. I've read both the original version and this updated revised version., they've both been big time savers. If I like a program he reviews, I go to my local library and check the book out and read it. There are a ton of weight loss books out there on the market and I didn't have time to review them all! I can't say enough about how much I like this book.

This item is everything I expected it to be, and everything it claimed to be.

In my opinion; this is the best book on the market for providing the reader with a thorough overview of the many different low-carb diets. Nothing is left out and by the time you finish reading it; you'll have a very clear idea of which diet plan works best for you. Best of all; the author provided clear evidence of the health benefits of living the low-carb life. This is a very highly recommended book.

I initially borrowed this book from my local public library and found it had so much wonderful information that I decided to purchase a copy for my own personal library, allowing me to highlight all the information that was really important to me. One of the key elements of this book is the detailed review of about 30+ low carb diets; what they're all about and who they would be best suited for.

I've read lots of dieting books in my life and have been off and on some form of Atkins since the 70's. I thought I knew enough to write my own book. This book actually has things I thought I knew laid out in such a way that it gave me a better understand of the trials and tribulations that you go through when you diet. It helps to relieve the anxiety that happens when you think your staying on the diet but nothing is happening..the dreaded plateau. It gives you ways to jump start the decline on the scale again. It's very encouraging and gives you incentive to forge onward to your goal. I would highly recommend this book even to the person who thinks they have heard it all!

This is a book everyone should read. It gives the reader the blueprint for healthy eating and backs it up with scientific studies. If you're going to get one book on low carbohydrate diets, this is the one. I've read them all. Nothing comes close.

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