

TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust

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978-1-936705-00-9

Although bookstores boast ever-increasing sections on diet and exercise, and whole magazines are dedicated to boosting health and losing weight, there still seems to be plenty of confusion about what to eat, how to work out properly, and, most of all, how to devise a personalized plan that actually works. Finally, some fresh and useful clarity on the subject is now at hand.

With its straightforward advice, easy-to-follow food rules, and boundless encouragement, *TurboCharged* stands out from the rest of the diet and exercise guidebooks by digging deep into topics like body mass, metabolism, and eating habits. Written by siblings Dian Griesel and Tom Griesel, the book isn't trying to sell a special diet plan (complete with supplements or foods to buy) or an aggressive, boot-camp type of shape-up strategy. Instead, the authors offer practical insight that aims to help readers lose body fat, improve their overall wellness, and, as a result, elevate their moods.

Even though they advocate the formation of healthy habits for a lifetime, the Griesels believe that everybody could use a kick-start, which they call "turbocharging." Getting the body into high gear quickly can fire up the metabolism, they posit, which leads to greater loss of body fat. The problem with many diet plans, they note, is that there might be weight reduction involved, but that poundage may be comprised of muscle mass and water, not just body fat; therefore, the metabolism isn't being as charged as it could be.

The Griesels have spent the past three decades working with researchers and health experts to refine their theories, and both bring a substantial amount of expertise to the task of creating the TurboCharged plan. An expert in stress management, Dian's other works include *Health Power* and *Image Enhancement, Weight Control and Hypnosis*. Tom is a Reiki Master and lifelong fitness and meditation enthusiast. As a result of their combined insights on stress and wellness, the plan they propose is about more than just getting to a specific weight goal. Their focus is on developing a way of living that maximizes the body's potential, and does so in a way that actually sounds fun instead of grueling or unrealistic.

With its numerous tips, real-life examples, well-articulated advice, and "you can do it" encouragement, *TurboCharged* can help anyone get on track with diet and exercise.

ELIZABETH MILLARD (April 26, 2011)

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