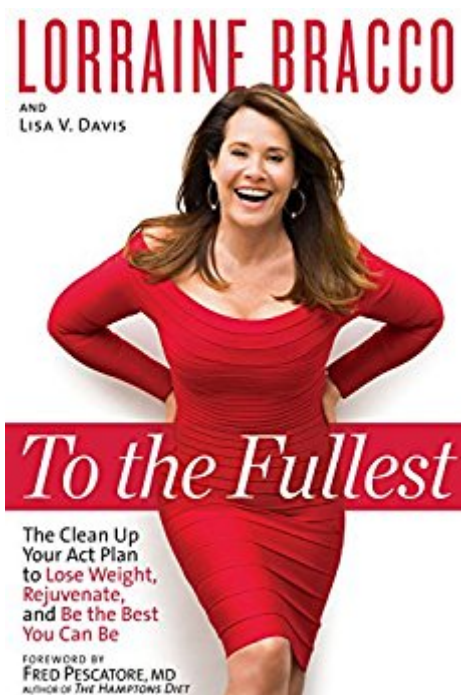


The book was found

To The Fullest: The Clean Up Your Act Plan To Lose Weight, Rejuvenate, And Be The Best You Can Be



Synopsis

Lorraine Bracco is one of the world's most dynamic actresses, but when she reached her fifties, she felt she was losing her luster. During the long illnesses of her parents, she began to gain weight and felt her energy and self-confidence take a dive. Watching her parents die within 9 days of each other was her wake-up call to take charge of her life. She made a commitment to herself to stay healthy. In *To the Fullest*, Bracco presents her Clean Up Your Act Program, a comprehensive plan to help women over 40 look and feel younger. The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten, sugar, eggs, and dairy. Two weeks of meal plans and a varied list of meals and snacks illustrate that hunger is not part of the program and that eating clean has endless flavorful options. Her Clean Up Your Act Diet, which follows the cleanse, will help you lose pounds and deliver supercharged energy. Bracco adds her own mouthwatering recipes to ease the transition to clean eating and suggests an abundance of satisfying breakfasts, lunches, dinners, and snacks. She gradually lost 35 pounds and has kept it off. The book also includes testimonials gathered from women who have participated in Rodale's 6-week test panel. With winning honesty, Bracco provides the perfect combination of humor, comfort, and motivational support that women need to rise to life's challenges. From attitude adjustments to style tips, from finding new passions to making movement a habit, her advice and personal insights both inspire and entertain.

Book Information

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Customer Reviews

When I heard about this book I was very intrigued but alas I feel it is just another gimmick of sorts. I really believe that a liver detox is a good idea but I'm not sure if the plan outlined here is the best approach. Specifically, I am not a proponent of taking all the supplements required during the outlined program. It appears this is another way to sell supplements via the author's web site even though the book does suggest other brands. But what I am really amazed at is the COST!!! Through the author's website, it's \$200! Through other brands, it's still at least \$150. I think a liver detox is when we quit eating for awhile to give it a rest so why not fast for a day or two with juice and/or water? I gave the book 3 stars because there is some good nutritional information. Thanks for reading my review

Seems like sound advice, coming from someone at my place in life(late 50's woman), simple enough to adjust to your circumstances and does motivate to change some things up. The cleanse does make you feel great and I now do get back to cleaner eating whenever I stray off too much - you then know what effect processed has on you. I shared my hard copy and bought kindle version to continue to refer back to - that much good info/plan.

Sorry to say it was not what I had expected. Thought it would be more about Lorraine Bracco's life and an easy diet to follow. I'm afraid not so.

Good resource. Author new to me.

Good book. Funny and informative at the same time. It's a good way to start you on the right track. This book has things in it that will help you , even if you don't follow this plan all the way. Every little bit of info helps.

Good book. Nothing much new that haven't already read.

Not as good as all the hype

I love Lorraine Bracco. This lifestyle truly makes perfect sense!

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Meal Prep Recipe Book, Meal Planning, Meal Plan 1) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Clean Eating Cookbook: 150 Clean Eating Recipes to Lose Weight and Feel Great

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