

## **By Jorge Cruise The Belly Fat Cure Fast Track Discover The Ultimate Carb Swap And Drop Up To 14 Lbs The First 14 D Spi**

From the bestselling author of 8 Minutes in the Morning and 8 Minutes in the Morning for Maximum Weight Loss, a proven programme for anyone who wants to trim inches from their tummy in less than 4 weeks. In this latest addition to his highly successful programme, Jorge Cruise adapts his '8 Minute' formula to focus on the belly. He shows you how to motivate yourself; how to build lean muscle with his Cruise Moves; what to eat to flatten the stomach; and how to maintain your new muscles. Heart attack, breast cancer, high blood pressure and simple vanity - these are all good reasons to lose that fat around your middle. And there's no better or faster way to do it than with Jorge Cruise's 8 minute plan.

With more than six million books in print and three million online weight-loss clients via JorgeCruise.com, Jorge Cruise is one of the most successful fitness and diet authors on the planet—and this second book in his new Inches Off! series will take readers to a new level of fitness success. Subcutaneous fat—the blubber stored just under the skin in our butts and thighs—can be the hardest kind of fat to lose because of its location. Fat stored near the body's metabolic center—the abdomen—tends to burn off first. Inches Off! Your Butt and Thighs is designed to help melt away that stubborn fat for good using Cruise's new 5-minute fitness formula. Using compound exercises—moves that hit more than one area of the body at a time—readers will build more fat-burning muscle in less time, raise metabolism, and keep their bodies stoked all day. This book concentrates much of the work in the core and lower body, engaging and building the largest muscles we have (glutes, quads, etc.) to achieve the best results in the most efficient way possible. No wasted moves. No wasted moments. As Cruise likes to say, "Five minutes and you're done!" Couple that with the most cutting-edge eating science and dedicated readers will see visible results in 6 days. It's the ultimate fitness and fat-loss program for busy people everywhere.

This combo pack comprises of THE BELLY FAT CURE and THE BELLY FAT CURE SUGAR & CARB COUNTER. For years, experts have told you that you're overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. The Belly Fat Cure makes smart eating effortless and affordable. It includes more than 1,500 options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! Based on this revolutionary New York Times bestseller, The Belly Fat Cure Sugar & Carb Counter is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar! BFC Sugar & Carb Counter transforms your health, energy, and waistline by unlocking the secret to fat loss, providing one simple menu which tells you exactly what to eat to melt up to 9 pounds this week, and lists thousands of "Belly Good" items that make shedding pounds each week a snap. It also has a bonus dining-out section, featuring menu items from some of your favorite restaurants.

In this two-in-one guide, bestselling author Cruise offers women a guaranteed plan for slimming trouble zones; in the second half, men can find an effective plan for building a strong upper body and core.

Shed up to two pounds a week through the instruction of Jorge Cruise, using the instructional CD, 57 weight-loss cards, and a mini-booklet with secrets to help you lose weight.

Discover how to accept your flaws, practice of art of mindfulness, and learn why movement is essential for mental and physical health. By

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harnessing the power of personal meaning, you have the power to give yourself the happy life you truly desire.

"Breakthrough research has confirmed that combining the right diet with the right mind-set is the secret to eliminating the most stubborn of all fat: belly fat. Stress is the number one reason so many of are led to self-sabotage when trying to eat well, but following Jorge Cruise's revolutionary carb control [may] curb your cravings and balance your hormones"--

From the bestselling author of 8 Minutes in the Morning and 8 Minutes in the Morning for Maximum Weight Loss, a proven programme for anyone who wants to trim inches from their hips and thighs in less than 4 weeks. In this latest addition to his highly successful programme, Jorge Cruise adapts his '8 Minute' formula to focus on hips and thighs. He shows you how to motivate yourself; how to build lean muscle and sculpt your hips and thighs with his Cruise Moves; what to eat to create your new body; and how to maintain your new muscles. The fat that tends to accumulate on the hips and thighs is probably the most stubborn type of fat to shift that there is. But with Jorge Cruise's 8 Minute plan you're sure to get results.

Based on the #1 New York Times bestseller, The Belly Fat Cure Quick Meals™ gives you options to eat on-the-go meals that will keep you losing 4 to 9 lbs. a week. Whether in the kitchen or in a hurry, use the power of the Everyday Carb Swap™ to enjoy pasta, burgers, chocolate, wine, and even ice cream guilt free! Dig in.

Eat Off The Pounds! Imagine letting your body do the work for you. You no longer need to cut down your portions or spend countless hours in the gym to lose weight. Because Tiny and Full is not a diet—it's a revolutionary lifestyle, where you will discover how to eat MORE and still lose weight. Scientists and researchers have discovered "tiny calorie foods," or foods low in calorie but big in size, that can help you stay TINY but FULL. These foods allow you to turn off hunger by filling up and staying satisfied while cutting calories. Paired with more than 80 delicious recipes—everything from pizza to ice cream, a 12-week easy-to-follow meal planner, shopping lists, and at-home workouts too—you have all the tools you need to reach your weight-loss goals. NOW HARNESSING THE POWER OF THYROID BOOST This special edition of Tiny and Full now includes a brand-new, gluten-free Thyroid Boost meal planner designed to heal and boost your thyroid to its highest potential. The Thyroid Boost meal planner and recipes will help you overcome chronic fatigue, weight-loss plateaus, constipation, weight gain, and other thyroid issues and symptoms. Jorge Cruise is a leading fitness and nutrition expert and the #1 bestselling author of more than 20 books in 16 languages. His passion for health and fitness is shown on his Facebook Live show, Tiny Talks, with over 2 million viewers as well as the E! television series Revenge Body with Khloe Kardashian where he trains and transforms Khloe's favorite underdogs.

This simple guide makes smart eating effortless and affordable. It includes more than 1,500 options customized for carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans, 334 pp.

Jorge Cruise, the New York Times best-selling author, brings you an all-new specially designed weight-loss plan for people who are busy but want to lose 30 pounds or more. How does it work? Well there's a revolution going on in the field of weight loss. Aerobics and dieting are out. And strength training is in. Experts agree that the most efficient way to burn fat is to build lean muscle tissue. The problem is that no one has time to work out. Plus, when you have 30 or more pounds to lose, traditional exercises can be hard on your knees and lower back. The 8 Minutes in the Morning® Real Shapes, Real Sizes Kit changes the rules. It will empower you to shed the pounds at home without any exercise equipment, and it's extra-easy on your knees and back. In addition, Jorge's brand-new People Solution® will teach you how to end self-sabotage by stopping emotional eating. This fat-burning kit contains:- An instructional CD with Jorge, where he shares his very own secrets on how to easily lose 30 pounds or more in just 8 minutes a day.- 63 weight-loss cards that feature Jorge's trademark Cruise

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Moves®, designed specifically for people who have more to lose. With this ALL-NEW, easy-to-use-format, you'll be able to create customized 8-minute routines that you can conveniently take anywhere.- A resource booklet that comprises Jorge's brand-new, never-before-published emotional eating secret called the People Solution. So get ready to look slimmer, sexier, and stronger in JUST 8 MINUTES!

This combo pack comprises of THE BELLY FAT CURE and THE BELLY FAT CURE SUGAR & CARB COUNTER. For years, experts have told you that you're overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. The Belly Fat Cure makes smart eating effortless and affordable. It includes more than 1,500 options customized for: carbaholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! Based on this revolutionary New York Times bestseller, The Belly Fat Cure Sugar & Carb Counter is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar! BFC Sugar & Carb Counter transforms your health, energy, and waistline by unlocking the secret to fat loss, providing one simple menu which tells you exactly what to eat to melt up to 9 pounds this week, and lists thousands of "Belly Good" items that make shedding pounds each week a snap. It also has a bonus dining-out section, featuring menu items from some of your favorite restaurants.

"8 Minutes in the Morning sets you up to win. Jorge is with you each step of the way, but by the end of the 4-week program, the only person you will need is you." --Anthony Robbins, author of Awaken the Giant Within With his own take on the power of positive thinking, popular fitness instructor Jorge Cruise speaks to overweight, time-deprived people and motivates them to use their minutes wisely. Realizing that many of us can't devote hours, or even minutes, to the gym, Cruise reduces weight-loss fitness training to just two basic strength moves each day. Those who follow his daily 8-minute routine and his innovative metabolism-boosting eating plan are guaranteed to lose significant weight in just 1 month. As an online fitness coach, Cruise has successfully "trained" millions of converts. Based on his very popular website, 8 Minutes in the Morning contains inspiring before-and-after photos of people who have completed Cruise's program. In fact, Cruise invites readers to take their own "before" photo, very confident they will like their "after" photo. More than a weight-loss book, 8 Minutes in the Morning is a program complete with a cyber-training option - readers can interact with Cruise himself. With motivational quotes, simple visualization techniques, easy and fulfilling meal plans, and wake-up talks to get each day started right, 8 Minutes in the Morning is sure to make people think twice about hitting the "snooze" button.

Jorge Cruise unleashes his new fitness and weight-loss series with one simple piece of advice: Work smarter, not harder. With his revolutionary 5-Minute Fitness Formula and 6-Day Challenge, he shatters the conventional wisdom that rapid, lasting weight loss can only be achieved through hours and hours in the gym, day after day. In Inches Off! Your Tummy, Jorge unveils the most effective exercise formula to optimize belly-fat burn all day—using compound exercises to hit virtually every muscle in the body with each rep—while also showing readers how to avoid the hidden sugars in foods that signal their bodies to store fat. The outcome: Visible results in 6 days, exercising just 5 minutes per day. With more than 6 million books in print and 3 million online weight-loss clients via JorgeCruise.com, Jorge Cruise is one of the most successful fitness and diet authors on the planet—and his newest book franchise launches now. "Jorge Cruise has answers that really work and take almost no time. I recommend them highly." —Andrew Weil, MD "Jorge Cruise sets you up to win!" —Anthony Robbins

Jorge Cruise, best-selling author, brings you his all-new kit designed to help you flatten your belly in just 8 minutes a day! You will NOT do aerobics and NOT be on a starvation diet. Just 8 minutes is all you need to flatten your stomach. Plus the cutting-edge eating program that teaches you how to eat the right fats to satiate your hunger and cut your calories.

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This title is for real people who eat real food in real portions, who lead busy lives and who want to lose a realistic amount of weight. Jorge Cruises' programme for extra weight loss requires no calorie-counting, no sweating and no deprivation-dieting.

THE NEW DIETARY SCIENCE FOR WOMEN OVER 40 Science has revealed that most women are drawn to carbs, or "Sugar Calories," due to a biological imperative to balance hormones. The irony is that you must cut Sugar Calories to lose weight, but you must also eat Sugar Calories to balance hormones. With Happy Hormones, Slim Belly™, you will discover the newest dietary science for women over 40: Women's Carb Cycling™. It balances your hormones so you can lose up to 7 lbs. in a week, and then 2 lbs. weekly—guaranteed!

"The Belly Fat Cure" has been utilized by over 3 million of Jorge's online subscribers and has helped many who thought they were beyond help achieve long lasting success in weight loss. Its unique system moves beyond intensive diets to a full, but easy, lifestyle change with an emphasis on eating the right combination of carbohydrates and sugars.

Explains the importance of avoiding hidden sugars rather than calorie counting and identifies carbohydrate alternatives that can be substituted for fast results.

A weight-loss program for busy people explains how to burn twenty percent more calories and fat, presenting two simple, twice-a-week workouts that target belly fat and maximize the calories the body burns twenty-four hours a day.

A simple way to start your day that burns fat and sheds pounds. Eight minutes a day is all you need to improve your metabolism, build calorie-burning muscle and provide your brain with good-mood chemicals. This is combined with an eating programme that helps you regulate your daily food intake to the right amount.

Builds on the author's "Carb Swap System" for swapping food products that have a high sugar and carbohydrate content for healthy foods, offering swaps for such quick and easy foods as restaurant meals and microwave dinners.

Based on the #1 New York Times bestseller, The Belly Fat Cure Quick Meals gives you options to eat on-the-go meals (both prepared foods and restaurant meals) that will keep you losing 4 to 9 lbs. a week. Whether in the kitchen or in a hurry, use the power of the Everyday Carb Swap to enjoy pasta, burgers, chocolate, wine, and even ice cream guilt free! This combo pack comprises of The Belly Fat Cure Fast Track and The Belly Fat Cure Sugar and Carb Counter For years, fad diets and infomercials have overwhelmed you with unrealistic-and often unsafe-methods for losing belly fat quickly. It's time to know the truth. Avoiding hidden sugars-not calories-is the true key to weight loss. Combining this discovery with the burn-boosting power of the Ultimate Carb Swap, you will lose up to 14 lbs. in the first 14 days. This doctor-approved, science-based solution includes yummy foods such as cookies, pancakes, burgers, and even wine. So if you are ready to cure belly fat super fast with foods you already have in your kitchen, dig in! Jessica lost 66 lbs. Amber lost 54 lbs. Anthony lost 210 lbs. Based on the revolutionary New York Times bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar! Transforming your health, energy, and waistline is as easy as 1, 2, 3: 1. Unlock the secret to fat loss that food conglomerates don't want you to know. 2. Follow the one simple menu that tells you exactly what to eat to melt up to 9 pounds this week. 3.

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Discover thousands of "Belly Good" items that make shedding pounds each week a snap. With a bonus dining-out section featuring menu items from some of your favorite restaurants, this comprehensive guide will help you look and feel your best in no time at all!

Based on the revolutionary #1 New York Times bestseller that is changing the way America eats, this is the only supermarket guide that exposes the true cause of belly fat and disease: hidden sugar! Transforming your health, energy, and waistline is as easy as 1, 2, 3: 1. Unlock the secret to fat loss that food conglomerates don't want you to know. 2.

Follow the one simple menu that tells you exactly what to eat to melt up to 9 pounds this week. 3. Discover thousands of "Belly Good" items that make shedding pounds each week a snap. With a bonus dining-out section featuring menu items from some of your favorite restaurants, this comprehensive guide will help you look and feel your best in no time at all!

Be a part of the diet revolution and change your relationship with calories forever America's favorite diet and fitness expert, Jorge Cruise, will change the way you think about calories. For years, conventional wisdom has continued to state the wrong and outdated research that says simply counting calories is the key to weight loss, and if you cannot follow that plan, you must lack willpower. Now Jorge Cruise's passion for dietary science has revealed the true cause of the obesity epidemic—counting the wrong calories! The 100 will free you from counting calories and points and constantly trying to eat less with the conclusive truth: all calories are not created equal. Jorge has been working to uncover the latest advances in dietary science for more than a decade, and now the newest science confirms that Sugar Calories are the only calories you'll need to keep track of on this simple, fast, and guilt-free weight-loss plan. Enjoy unlimited amounts of delicious and healthy no-count calories and still eat the foods you love. Learn the right foods to eat without ever feeling hungry or deprived on a plan that is so easy to incorporate and maintain that you can finally put an end to the vicious cycle of dieting. In addition to the 4-week plan, you get shopping lists and recommended food guides that can help you drop up to 18 pounds of stubborn belly fat. The 100 is the only plan you'll ever need. Stop counting the wrong calories and start losing weight and changing your life today with the help of Jorge Cruise and the no-count calorie revolution! Argues that hidden sugars and high carbohydrate content in foods are the cause of belly fat and disease, and provides meal plans and nutrition information to help reduce sugar and carbohydrate content and lose weight quickly.

Lose up to 6 inches of belly bulge in less than 4 weeks--guaranteed! Heart attack. Breast cancer. High blood pressure. These are all good reasons to lose that fat around your middle. And now, whether you're new to the Jorge Cruise weight-control plan or not, 8 Minutes in the Morning to a Flat Belly will help you lose up to 6 inches of belly bulge in less than 4 weeks--guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly. Each day you'll do a simple Cruise Move routine that is specialized to sculpt your belly

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and take just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods. Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches of belly fat! "My results have changed my life. I have more control over my eating habits and the shape and size of my body." --Sharon Lawson (exchanged her size-10 pants for a size 6!) "Thanks to Jorge Cruise's program, I've lost 40 pounds and had to cinch my belt 6 inches smaller." --Judy Thompson (shrank her waist 6 inches!) "I feel young again and I look great!" --Edna Frizzell (dropped four dress sizes!) Presents a guide to looking and feeling younger that is based on adopting an antioxidant-rich diet that avoids hidden sugars, in a work that features options customized for meat lovers, dessert lovers, and vegans alike.

For years, experts have told you that you're tired and overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. This simple guide makes smart eating effortless and affordable. This revised edition is updated with a completely new chapter—Simply Fit™, with Belly-Burning Workouts—and includes more than 1,500 options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! What are you waiting for? Dig in!

For years, fad diets and infomercials have overwhelmed you with unrealistic – and often unsafe – methods for losing belly fat quickly. It's time to know the truth. Avoiding hidden sugars – not calories – is the true key to weight loss. Combining this discovery with the burn-boosting power of the Ultimate Carb Swap, you will lose up to 14 lbs. in the first 14 days. This doctor-approved, science-based solution includes yummy foods such as cookies, pancakes, burgers, and even wine. This revised edition of the book is updated with a completely new chapter – Simply Fit™, with Belly-Burning Workouts. So if you are ready to cure belly fat super fast with foods you already have in your kitchen, dig in!

Activate your weight-loss autopilot—use the power of simple intermittent fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything when it comes to losing weight. Or, as celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as “intermittent fasting,” Cruise has developed a revolutionary masterplan that simplifies your calendar and eliminates between-meal hunger. He divides every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight “burn zone” (semi-fasting) followed by an 8-hour “boost zone” (eating). Ingeniously, his plan also includes “bumper foods” that can be consumed in either zone—around the clock—to keep you satiated and burning fat throughout. You'll never be hungry if you don't really ever

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have to fully fast! Backed by the very latest research and client-tested for optimal results, The Cruise Control Diet unlocks the key to dramatic results with • recipes for deliciously unexpected boost zone foods, such as Portobello Mini Pizzas, Zoodle Spaghetti & Meatballs, Sheet Pan Salmon & Asparagus, and even Almond Butter Cookies • high-fat, no-sugar burn-zone recipes for craving-quenching foods like Double Chocolate Fudge Mousse and Vanilla Chai Tea Latte • weekly menus and handy grocery lists to take the guess work out of the equation • candid testimonials from Cruise's clients and test-panel participants • an optional burn-zone exercise program with instructional photos With The Cruise Control Diet you'll automate your diet and finally conquer weight loss forever! Featuring a foreword by Brooke Burke and an introduction by Jason Fung, M.D. Praise for Jorge Cruise "Jorge gets it right. His recipes make eating smart easy. I recommend them highly."—Andrew Weil, M.D., #1 New York Times bestselling author of *Why Our Health Matters* "Jorge knows how to make weight loss simple and easy without feeling hungry."—Tyra Banks, model, actress, CEO, and New York Times bestselling author "Recipes from my friend Jorge Cruise—where healthy food meets great flavor."—Emeril Lagasse, chef, restaurateur, and New York Times bestselling author

Total health, natural weight loss, increased all-day energy . . . your breakfast holds the power! The vegan diet is more popular than ever, and people all over the world are touting its healthful benefits—longevity, energy, and even weight loss. For most of us, though, it's a lifestyle change just too hard to maintain. More important, it can be deficient in crucial nutrients for optimal wellness, such as vitamins A, D, K2, and B12. With Tiny and Full™, you only have to wake up vegan™ to see the results of a plant-based diet. You'll discover that eating vegan at just one meal—breakfast—is a great way to start your day. Plus, it's one of the simplest way to fill up on fewer calories. Plant-based foods tend to be high in volume and low in calorie, making plant-based foods the perfect Calorie Swap. By including yummy foods with animal protein, such as Greek yogurt, white fish, chicken, and so much more, in your lunch and dinner, you will get a complete, balanced diet that leaves you satisfied on the least amount of calories necessary and gives you a tiny waist in only 12 weeks! Tiny and Full™ gives you a straightforward meal plan and an energetic fitness program, plus 50 fun and delicious recipes—from a Tropical Mango Blast and Berry Blaster Bowl to Gorgonzola Pear Pizza and even Chocolate Avocado Mousse Cupcakes. This book provides all the guidelines you need to transform your body and improve your life—starting now!

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