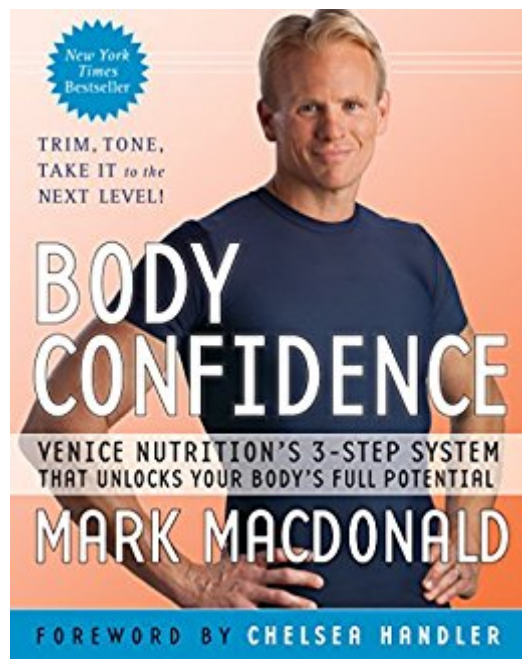


The book was found

# Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential



## Synopsis

Say goodbye to feeling disappointed with your body! "Body Confidence is the highly anticipated fitness book from world-renowned Venice Nutrition Program founder Mark Macdonald.

Macdonald's targeted series of diet and fitness strategies are proven to burn body fat, boost energy levels, increase muscle mass, and eliminate sugar cravings for a better looking, better feeling body today. Providing a step up to holistic body care for fans of Tosca Reno's Eat-Clean Diet or Jorge Cruise's Belly Fat Cure, and an excellent companion to Cynthia Sass's Cinch!, the Venice Nutrition Program's innovative fitness plan focuses on blood sugar stabilization and a complementary program of exercise, sleep, and stress management. A foreword by bestselling author Chelsea Handler will let you know why Body Confidence is your next step to a healthier, happier tomorrow.

## Book Information

File Size: 4311 KB

Print Length: 352 pages

Publisher: HarperCollins e-books (April 5, 2011)

Publication Date: April 5, 2011

Sold by: HarperCollins Publishers

Language: English

ASIN: B004IWR3PG

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #270,841 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #202

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight

Training #352 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #473 in Books

> Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## Customer Reviews

I have read the majority of the reviews that have been posted about Body Confidence and I am here to set the record straight on a few. As you may be able to deduce from my pen name, I am a "success story" in the book and I'm not afraid to let everyone know. A couple folks have alluded to

the idea that the posted reviews might be "canned." First let me say, if that were the case, wouldn't I, being a feature in the book, have written a "canned" review long before now?! Secondly, my story in the book is 10,000% real so I promote the book and Venice Nutrition for all the right reasons....BECAUSE IT WORKS!!!! I grew up competing in gymnastics, softball, and track but stopped when I got to college. During college, and the few years following, my body changed slightly as I wasn't getting the same intensity of exercise but also wasn't eating balanced; I was always a healthy eater, but not balanced. As a personal trainer my clients want nutrition advice but having struggled through Atkins, South Beach, and the like, I didn't want to point them in those directions. Systems like these will drop weight quickly but you'll crash within 4 or 5 weeks due to lack of proper calorie intake or carbohydrates which are essential to the proper functioning of the body. You won't last on them long and you'll end up gaining back more weight than you started with. I met Mark MacDonald in Atlanta, GA and started living the Venice Nutrition Way. It changed my body almost immediately. I've never needed to lose more than 10 pounds or so, and most people wouldn't even have noticed that on me, but I was able to fine tune shall we say. I have loved the way I feel on Venice for over 3 years and have been coaching clients for over 2.

[Download to continue reading...](#)

Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential  
Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert)  
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)  
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)  
Love Spirits: What Happens in Venice: Book One (What Happens in Venice: The Trinity Ghost Story 1)  
NLP: The Ultimate NLP Guide: Simple Techniques To Increase Your Confidence, Achieve Success, & Maximize Your Potential (Neuro-Linguistic Programming)  
Your Ultimate Pilates Body® Challenge: At the Gym, on the Mat, and on the Move  
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)  
Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest)  
Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today)  
Step By Step To Your Own

Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Eye Contact Training: Get Women, Increase Your Power & Become a True Leader (Eye contact book, Confidence building, Body language secrets, Nonverbal communication, ... Body language training, Attract women) CROSSY ROAD GAME: CHARACTER UNLOCKS, HACKS, WIKI, CHEATS, DOWNLOAD GUIDE Answers about the Afterlife: A Private Investigator's 15-Year Research Unlocks the Mysteries of Life after Death How To Write A Book That's Complete: How to write a nonfiction book outline that makes your book full and complete - Build complete nonfiction book outlines using a simple step-by-step system 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) NLP: Essential Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence (Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1) Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step)

[Dmca](#)