



21 Life Lessons From Livin' La Vida Low-Carb: How The Healthy Low-Carb Lifestyle Changed Everything I Thought I Knew

Jimmy Moore

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After shedding 180 pounds in 2004, Jimmy Moore quickly realized that low-carb was about so much more than just weight loss -- it was a way of eating that he needed to do for the rest of his life not just to manage his weight, but to improve his health, too! What if almost everything you've ever been told and thought you knew about diet and health was 100 percent dead wrong? "21 Life Lessons From Livin' La Vida Low-Carb" takes you through the daily education that has taken place in Jimmy's life through his voracious researching, blogging, interviewing and being engaged in constantly learning more about the healthy benefits of an effective controlled-carbohydrate nutrition over the past few years. Now he's sharing 21 of the most invaluable lessons he has learned over the past five years with those who are struggling with what to do about their obesity, health, and this thing called life. Class is now in session! Learn these lessons for yourself without doing it the hard way!

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