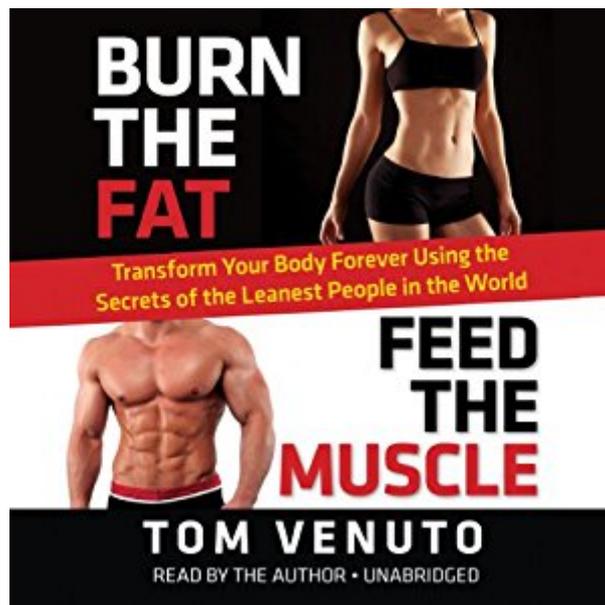


The book was found

Burn The Fat, Feed The Muscle: Transform Your Body Forever Using The Secrets Of The Leanest People In The World



Synopsis

A smart, energizing program to help you shed fat, build muscle, and achieve your ideal body in just 30 days! A huge success as a self-published e-book, *Burn the Fat, Feed the Muscle* is the bible of fat loss that will help anyone to get his or her dream body. Tom Venuto has created a program using the secrets of the world's leanest people, although it's not about getting ripped; it is about maximizing your fat loss through nutrient timing and strategic exercise. This totally revised and 25 percent-new book includes a never-before-shared plan that will make it even easier for everyone to achieve amazing results.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: December 10, 2013

Language: English

ASIN: B00H5A0KVW

Best Sellers Rank: #11 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #26 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #28 in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

After reading this I can see why many people refer to it as 'the bible' of fat loss. Indeed, the book is thorough in every department and answered many questions I'd never got round to figuring out for myself. There are however one or two things I'd like to pick at, if I may, which I'll get to in a bit. Firstly, the book is well structured. It's split into four sections; mindset, nutrition, cardio and weight training. Mr Venuto is correct to point out that for anybody to make a body transformation, individuals must first have an important emotional reason to want to do so. By retaining an emotional need, you're more likely to stick with anything, not just a body transformation program. It is the nutrition section that is by far the bulk of this book and goes into such incredible detail as to leave no questions unanswered. I'd often tried the 'protein dripping' approach, eating small amounts of protein at very regular intervals. The book has change my mindset on this slightly in that I may have been overkilling it somewhat. I'd also been making the cardinal error of, for many years,

training on only oats, instead of oats and protein - No more. If anything, this section is worth the price of the book alone. The cardio and weight sections are also very thorough, although admittedly, for me, I didn't learn a great deal of new stuff here other than a fresh approach and training method which I'll put into practice eventually. One of my major problems with the training regime was that for leg days, it only leaves three days for recovery before the next leg day. I've always required a minimum of four but hopefully, with my new nutrition plan, this will be mitigated somewhat and I understand that this won't be a problem for everybody.

I bought the Burn The Fat, Feed The Muscle ebook in the summer of 2008. I was almost 100 lbs down but still had another 100 to lose and I was struggling. I had seen Tom's book before in my online searches but didn't think it was for me since back then I was a 350+ lb woman and I thought it was a bodybuilder book. But after buying it as soon as I started reading it I realized how much I could have benefited from it had I bought it on day one. Having spent just about my whole life super obese and topping out at 378lbs I had very little knowledge how the body really worked. But through reading BFFM I learned what the muscle in my body really was worth and what fat loss compared to weight loss really meant. I also learned about nutrition in a new way that made so much sense to me, that made it not a diet but something I could live with doing for the rest of my life. With the help of BFFM I went on to lose another 100 lbs. When I found out Tom was coming out with a hard cover of Burn The Fat, Feed The Muscle I just knew I wanted to buy it. Not just for myself but to share with people in my life that had been struggling with their weight for years too. I didn't just buy one copy I bought 7 because I want to share it with many and really have them learn how to change their lives as I have, I believe in it 100%. Hopefully seeing my success they will read it cover to cover like I did and really live it. I won't try to kid anyone, to lose a lot of weight (fat) you have to put in the time and work and it's a life long mission. But BFFM explains how to do it and in a way that is understandable and doable by anyone from the young to the old or the slightly out of shape to the super obese. It really is a livable life long plan, not a diet.

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

Burn the Fat, Feed the Muscle: Transform Your Body Forever Using the Secrets of the Leanest People in the World
Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)
Man 2.0 Engineering the Alpha: A Real World Guide to an Unreal Life: Build More Muscle. Burn More Fat. Have More Sex.
Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God
Build Your Dream Body: Breaking the Lies

and Myths of the Fitness Industry so You Can Build Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. Feed Zone Portables: A Cookbook of On-the-Go Food for Athletes (The Feed Zone Series) Burn Baby Burn Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong: (The Build Muscle, Get Lean, and Stay Healthy Series) Classic Car Calendar - Muscle Car Calendar - American Muscle Cars Calendar - Calendars 2016 - 2017 Wall Calendars - Car Calendar - American Classic Cars 16 Month Wall Calendar by Avonside Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body Acai Recipes: 38 of the Best Acai Recipes for Health and Weight Loss to Burn Fat and Live Healthy (The Essential Kitchen Series) (Volume 64) Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life Rapid Weight Loss, Fat Burn and Calorie Blast with Self-Hypnosis, Meditation and Affirmations Fast Metabolism Food Rx: 7 Powerful Prescriptions to Feed Your Body Back to Health

[Dmca](#)