



Mastering the Zone: The Next Step in Achieving SuperHealth and Permanent Fat Loss

Barry Sears

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Everyone from Madonna to Howard Stern to the cast of *Baywatch* is in "the Zone" -- and now "Zone"-favorable cuisine is tastier than ever! Dr. Barry Sears, author of the No.1 *New York Times* bestseller and health phenomenon, *The Zone* (more than 600,000 hardcover copies sold!), is back with an exciting new book teeming with tantalizing recipes and insightful information that will deepen readers' understanding of this revolutionary health and fitness program that has become the regimen of the '90s. Flying in the face of conventional dietary thinking, and after years of comprehensive scientific research, Dr. Sears discovered that "eating fat doesn't make you fat." His phenomenally successful first book, *The Zone*, introduced the world to to groundbreaking health plan that for hundreds of thousands of readers has become the magic key to maintaining a consistent level of physical and mental well-being -- a healthful state known as "The Zone." Now Dr. Sears takes his breakthrough scientific discoveries and stunning success a step further with *Mastering the Zone*, which not only presents delicious, completely original Zone-favorable recipes that are easy to prepare and taste as good as they are good for you, but also offers a practical guide to fine-tuning your place in the Zone.

From entrees to appetizers to desserts, there is something here for every taste and every occasion. Appearing throughout is Dr. Sears' enlightening new information for readers interested in educating themselves further about the Zone -- the health regimen that succeeds where millions of others have not.

Mastering the Zone: The Next Step in Achieving SuperHealth and Permanent Fat Loss Details

Date : Published December 4th 1996 by William Morrow (first published 1996)

ISBN : 9780060391904

Author : Barry Sears

Format : Hardcover 384 pages

Genre : Health, Food and Drink, Food, Diets, Self Help, Nonfiction, Nutrition, Reference

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From Reader Review Mastering the Zone: The Next Step in Achieving SuperHealth and Permanent Fat Loss for online ebook

Summisse says

Read this and applied the knowledge for my recovery from meningitis. This is a must read for anyone wanting to heal or improve their health.

Crissman Loomis says

It provides more depth on the material that was covered in the zone first book but it doesn't advance the original arguments that much.

Salvador says

Great approach to eating, although I don't think you need to be as OCD about 'blocks' as this book recommends to benefit. Very similar to Paleo. If you're an athlete, you'll probably have to increase your carb intake a little depending on how intense your activity is.

Brandon says

Great book on nutrition and how to balance insulin levels within your body by adjusting your diet. Very easy to understand and ...easy enough to follow.

Charlene says

Tremendous information about dietary strategies, Protein Prescriptions and Zone Secrets for Maximum Fat Loss, Powerful Mental and Mental Performance and Supercharged Health.

This is a practical stepbystep guide that will show you how easy it is to get into the 'eating' Zone.

More than 150 New Zone Recipes, Zone Meal Templates and Zone Rules of Thumb.

Description of Your Hormonal Carburetor, Manna From Heaven and Putting It all together.

Basically you will achieve a and maintain stable blood sugar levels and never be hungry between meals.

Brian says

Skimmed this one too, thinking that by the Author released a simpler to understand version. It seemed like a

repackaged version of the original. It did seem more understandable than the first book. I couldn't tell if it was simpler due to structure, or my increased exposure.

Jc says

An interesting hypothesis, one that made me think a little more about food intake, nutrition and dieting.

Jesse Hertz says

Great book for anyone looking to live healthier without ridiculous rules to follow. Everything is explained thoroughly yet in a language easy enough for anyone to read.

about me: I started eating in the zone and at the age of 22 am finally completely free of epilepsy for the first time in my life. Doctors said I would never be able to quit my medication. I have not taken a pill in months and have no signs of recurrence. I also have lost some fat, gained a little muscle, all acne is gone and I've inspired many people to start eating and living healthier as well. People ask how I lost all the weight and I tell them I didn't lose weight, I found the zone. As for the weight, I didn't lose it because I have no intention of ever going back to look for it. Great book for anyone still living.

Ariadna73 says

This book is the continuation of The Zone; and it gives you more hints to continue dieting in that wonderful method. I like it; because I really believe in his theory.

Dave Peticolas says

Also by Sears, this book is similar to The Zone, but focuses more on the 'how' than the 'why' of sticking to the diet.

Greg says

Seemed important when it was written, but the real key I think is I calculated how many calories I was allowed to eat and it was something like 1500 calories. I imagine any diet at that calorie level would be effective if you could keep it up.

TimFriday says

Looking forward to this one...

Janie Buckley says

Interesting book. It was helpful in understanding the basics of using the block prescription.

Lisa Russell says

I have not mastered it yet.

Kevin says

Nice explanation of the block system and how to tweak it to suit you. Good defense of critics at the end and useful FAQ. Interesting to see a resurgence in popularity of The Zone Diet these days, fueled often by Crossfit circles.
