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book, written in 2007. The cool thing about this book is that despite the march of research, I still agree with the foundational principles, although some of the smaller details have evolved over the past decade. The concepts and practical applications are so effective, and this is probably the ...

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Alan is a contributing editor and resident

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Weight Loss Coach of Men's Health magazine. His book Girth Control is considered to be one of the most in-depth manuals for improving the body and understanding nutrition for fitness & sports.

About Alan | Alan Aragon's Blog

Co-author Alan Aragon is arguably the number one advocate for and authority on evidence-

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based nutrition, so there is no one better to debunk diet myths and misconceptions. If you want the truth about low carb, paleo, and anti-dairy, anti-wheat, anti-gluten, anti-meat and other forbidden food mentalities that pervade the industry today, then this book is for you.

**The Lean Muscle
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going to admit I've

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skimming books. I
read, and I read A LOT.
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years old I remember
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sweater guy who had a
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Intense kettlebell circuits can certainly be effective for weight loss, but you have to control your calories too. A healthy rate of weight loss is around 3 pounds per week if you're obese, 2 pounds per week if you're overweight, 1 pound per week for the average person and 0.25 to 0.5 pound per week if you're already

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