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Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days

By Joe Cross



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Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days By Joe Cross

Jump-Start Your Life in Just Five Days!

How often have you said, "Today is the day!" when deciding to making a major change in your life, only to find yourself saying the same thing the next day? This new book from juice guru Joe Cross--*New York Times* best-selling author and creator of the documentary *Fat, Sick & Nearly Dead*--will help you leap over the hurdles blocking your way to finally getting your health and weight back under control.

It's all about bursting through the mental barriers that have been holding you back, and to do that, you only have to commit to five short days. In that time, the simple, foolproof *Juice It to Lose It* plan will jump-start a change in your life, health, and waistline.

The fresh new recipes, shopping lists, meal plans, and encouragement from Joe in *Juice It to Lose It* will make it simple and fun for you to fill up on the nutrient-dense, sunlight-nourished foods that will help restore your body's balance. Whether you're a long-time follower of Joe's juicing diets or looking for a brand new way to turn your health around, *Juice It to Lose It* is here to help with a fresh look at juicing. Give it five days, and you will see and feel the power of juicing!



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Editorial Review

Review

The juicing phenomenon is set to take the world by storm. --Daily Express

About the Author

Joe Cross is a filmmaker, entrepreneur, author, and wellness advocate. He directed, produced, and was the subject of the award-winning documentary *Fat, Sick & Nearly Dead*, which has been seen by more than twenty million people around the world. He authored *The New York Times* bestseller, *The Reboot with Joe Juice Diet*, which has been released globally in multiple languages. Joe is credited with having accelerated the plant-based eating movement through media outlets including *The Wall Street Journal*, *The Times* of London, and *The Dr. Oz Show*. His website, rebootwithjoe.com, has become an integral meeting place for a community of more than one and a half million Rebooters worldwide. His second documentary film, *Fat, Sick & Nearly Dead 2*, which focuses on how to stay healthy in an unhealthy world, is now available.

Users Review

From reader reviews:

Andrea Behnke:

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