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# Mastering the Zone: The Next Step in Achieving SuperHealth

By Barry Sears



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## Mastering the Zone: The Next Step in Achieving SuperHealth By Barry Sears

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 a 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.



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## Mastering the Zone: The Next Step in Achieving SuperHealth By Barry Sears Bibliography

- Sales Rank: #375454 in eBooks
- Published on: 2010-10-05
- Released on: 2010-10-05
- Format: Kindle eBook

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### Editorial Review

#### Amazon.com Review

Barry Sears's 1995-96 bestseller, **The Zone**, changed the way many people look at nutrition and weight loss. Although his plan advocates eating fewer calories and exercising more, it also stresses getting more of those calories from fat and protein and fewer from carbohydrates. Here, he expands on that theory (which is still not accepted in most scientific circles) and offers recipes to help readers put his principles into practice.

#### From [Booklist](#)

Last year, Sears wrote *The Zone*, which promptly became the latest in a long line of best-sellers telling people why they are fat. The book's complicated premise has to do with insulin production and its effects on mood and weight loss. Even Sears admits in his preface to this new volume that despite the earlier book's sales, "I realize that many readers of *The Zone* still find it difficult to apply the concepts . . . to their daily lives." Well, isn't that lucky for Sears. He can write another book that allows him to explain "the zone" yet again, and this time out, he provides menus, which make up about three-fourths of the book. The recipes look interesting enough, but it's even money whether this explanation of the zone is any easier to grasp than the last one. Still, it's a sure bet that readers, always looking for that elusive way to make the weight disappear, will be eager to fill their plates with a second helping of Sears' advice. *Ilene Cooper*

#### From the Back Cover

In *Mastering the Zone*, bestselling author Dr. Barry Sears reveals that the first step on the road to SuperHealth is just a single meal away. What is SuperHealth? SuperHealth is a permanently enhanced quality of life: looking better, feeling better, strengthening the immune system, and slowing down the physiological aging process. Whether you're a Zone veteran looking to get more out of the program or a newcomer interested in getting into the Zone, *Mastering the Zone* gives you the secrets and signposts you need to take your health to an elevated new level.

### Users Review

#### From reader reviews:

##### Julia Flowers:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the book entitled *Mastering the Zone: The Next Step in Achieving SuperHealth*. Try to make book *Mastering the Zone: The Next Step in Achieving SuperHealth* as your friend. It means that it can being your friend when you feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know everything by the book. So , let me make new experience and knowledge with this book.

##### Anthony Vice:

This *Mastering the Zone: The Next Step in Achieving SuperHealth* book is not really ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information

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**Glenda Rogers:**

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**Martin Kelley:**

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