

# **The New Atkins Made Easy: The Faster, Simpler Way To Lose Weight And Feel Great - Starting Today! [Kindle Edition] By Colette Heimowitz**

**By Colette Heimowitz**

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The New Atkins Made Easy will guide you every step of the way with:-Easy-to-follow steps to successful weight loss that ease the transition from one phase to the next

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Heimowitz, Colette is the author of 'New Atkins Made Easy : A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today!', published 2013 under ISBN

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Has anyone ever been on the Atkins diet and how did it go? I remember I tried it many years ago and lost a good 23 pounds. I thought it was easy and fun at the time

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