



Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower

Diane Kidman

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Eating Healthy Can Be Addictive!

Diane Kidman writes a lot of books. While they've all been Kindle health bestsellers, *Smoothie Power!* is the one that gets her the most chatty and almost embarrassingly enthusiastic. That's because when she set out to write it, she thought it'd be a quick recipe book. You know, a fun little bout with a blender and some fruit and leaves. Instead, she found out that drinking all those smoothie experiments from her kitchen was changing her health - drastically. A lifelong asthmatic, she discovered a new favorite sport: Breathing. Yes, it's true. All those leafy greens and fruit whirred around in the blender was transforming her in ways she didn't realize were possible. You see, other people breathe in nice deep breaths without gagging, whereas Ms. Kidman did not realize this. Not really. Walking to the mailbox pretty much made her choke. Walking back? We will not go there. The visual is too disturbing.

Who Doesn't Want Accidental Weight Loss?

Then there were the nine pounds she lost in about two weeks. Just because of the smoothies. (While she did make some big dietary changes during le grande smoothie experiment, this was AFTER losing weight. Not before. Lungs? Same deal. But the later dietary changes boosted both skinniness and breathiness. Big time.) So there we are. Over 100 smoothie recipes later, Ms. Kidman wanted to shout from the mountaintops about her new-found energy. But she'll settle for hollering from a small dune if need be. Truth be told, this is her favorite of all her books thus far. We have asked her to calm it down a bit. Just pull the reigns in a teensy weensy way, so as not to embarrass us. But will she listen? NO! She wants to go running. RUNNING, we say. And she dances about the house clutching a glass of green stuff to her chest. And singing. Off key. It's quite humiliating, really, but we cannot stop her.

More Than Just Smoothies – Other Stuff Too!

Now she is poking at us and reminding us that we should also mention the book contains recipes for a few blender soups and blender salad dressings, as well. We are tired of hearing about her soup. Someone please stop her.

What Others Are Saying:

"I have been doing this just a little over 2 weeks and I have already lost 7 pounds. The recipes are delicious..." "Can't wait to try smoothies. My grocery list is made and I'm excited. Easy to read and understand. Diane makes this seem simple." "Diane Kidman has done a great job with this book. Written in a friendly, personal style; without compromising on the research and details."

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From reader reviews:

Cheryl Taylor:

This Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. That Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower without we realize teach the one who studying it become critical in thinking and analyzing. Don't always be worry Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower can bring when you are and not make your carrier space or bookshelves' turn into full because you can have it in the lovely laptop even mobile phone. This Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower having very good arrangement in word and layout, so you will not sense uninterested in reading.

Catherine Riddle:

Hey guys, do you really wants to finds a new book to study? May be the book with the name Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower suitable to you? The actual book was written by well-known writer in this era. The actual book untitled Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower is one of several books in which everyone read now. This kind of book was inspired lots of people in the world. When you read this publication you will enter the new dimension that you ever know ahead of. The author explained their thought in the simple way, thus all of people can easily to be aware of the core of this book. This book will give you a lots of information about this world now. So that you can see the represented of the world on this book.

Jeffrey Martinez:

Reading can called head hangout, why? Because when you find yourself reading a book specifically book entitled Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower your brain will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely can become your mind friends. Imaging every single word written in a book then become one application form conclusion and explanation which maybe you never get just before. The Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower giving you another experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us teach you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Lloyd Gilbert:

Reading a book to get new life style in this year; every people loves to learn a book. When you go through a book you can get a great deal of benefit. When you read publications, you can improve your knowledge,

mainly because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you want to entertain yourself you can read a fiction books, such us novel, comics, and also soon. The Smoothie Power!: Recipes for Weight Loss, Vitality, & the Occasional Superpower offer you a new experience in reading through a book.

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