



The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life

Marco Borges

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THE NEW YORK TIMES BESTSELLER

With a Foreword by Beyonce, and an Introduction by Dr. Dean Ornish

A groundbreaking vegan program designed to transform your mental, emotional, and physical health in just 22 days.

Founded on the principle that it takes 21 days to make or break a habit, *The 22-Day Revolution* is a plant-based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes.

As one of today's most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan, and Shakira have all turned to him for his expertise. Beyonce is such an avid supporter that she's partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service.

Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

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This The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life is great publication for you because the content and that is full of information for you who have always deal with world and have to make decision every minute. This specific book reveal it details accurately using great coordinate word or we can state no rambling sentences inside. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tough core information with beautiful delivering sentences. Having The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life in your hand like having the world in your arm, details in it is not ridiculous one particular. We can say that no guide that offer you world inside ten or fifteen second right but this publication already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt that?

Robert Burke:

The book untitled The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life contain a lot of information on that. The writer explains her idea with easy method. The language is very clear to see all the people, so do not necessarily worry, you can easy to read it. The book was written by famous author. The author will bring you in the new period of literary works. You can easily read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice examine.

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