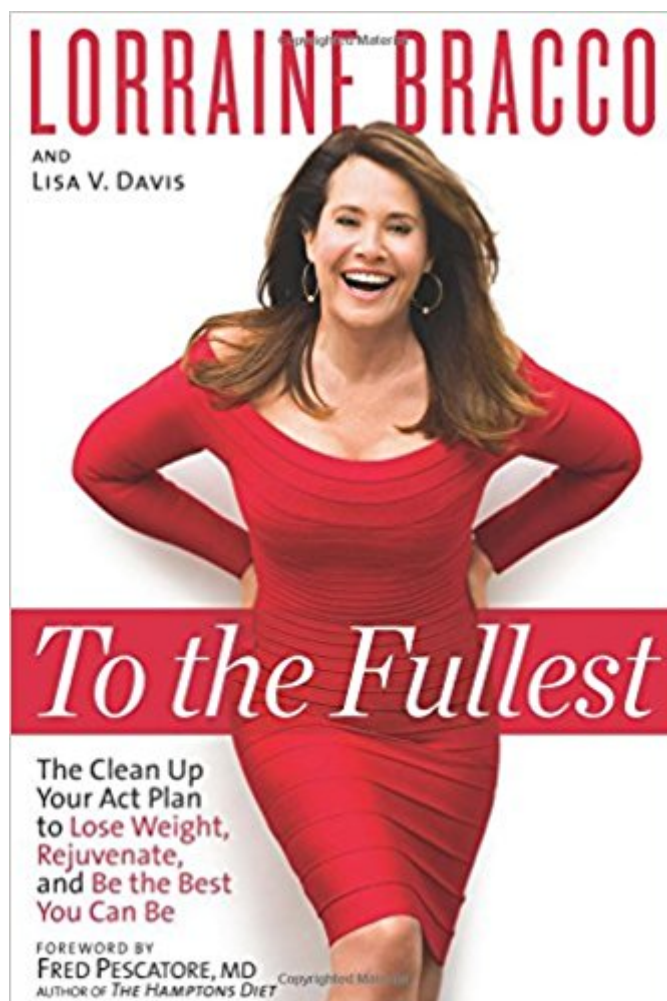


The book was found

To The Fullest: The Clean Up Your Act Plan To Lose Weight, Rejuvenate, And Be The Best You Can Be



Synopsis

Lorraine Bracco is one of the world's most dynamic actresses, but when she reached her fifties, she felt she was losing her luster. During the long illnesses of her parents, she began to gain weight and felt her energy and self-confidence take a dive. Watching her parents die within 9 days of each other was her wake-up call to take charge of her life. She made a commitment to herself to stay healthy. In *To the Fullest*, Bracco presents her Clean Up Your Act Program, a comprehensive plan to help women over 40 look and feel younger. The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten, sugar, eggs, and dairy. Two weeks of meal plans and a varied list of meals and snacks illustrate that hunger is not part of the program and that eating clean has endless flavorful options. Her Clean Up Your Act Diet, which follows the cleanse, will help you lose pounds and deliver supercharged energy. Bracco adds her own mouthwatering recipes to ease the transition to clean eating and suggests an abundance of satisfying breakfasts, lunches, dinners, and snacks. She gradually lost 35 pounds and has kept it off. The book also includes testimonials gathered from women who have participated in Rodale's 6-week test panel. With winning honesty, Bracco provides the perfect combination of humor, comfort, and motivational support that women need to rise to life's challenges. From attitude adjustments to style tips, from finding new passions to making movement a habit, her advice and personal insights both inspire and entertain.

Book Information

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Customer Reviews

With being one of sixteen incredibly fortunate panelists to be a part of Ms Bracco's book, I of course felt compelled to write a review. In a nutshell, I have tried a couple of nationally renowned weight-loss programs and they never seemed to work for me. I did not have a tremendous amount of weight to lose, but it was a long winter and being a self-proclaimed Carboholic I felt I needed to get back on track. The "Clean up your act diet", and I don't even like to refer to it as a diet has virtually become a way of life for me. Eating clean has never felt or looked so good or been so easy. I am not going to lie the first 14 days were a little rough but anything worth doing is worth working hard for and the reward for feeling this fantastic has certainly been worth it. The plan is easy to follow, no counting calories or points and it will truly become a way of life. It is easy to follow and after the six weeks you will never look at food the same way again. It is all about reconstructing and Lorraine gives you the tools to do that. From the shakes, which I still drink a shake every day and supplements to the meal plans to her amazing recipes I never felt hungry unsatisfied or deprived. I no longer have joint pain, have never slept better, and my cholesterol levels have lowered considerably as well. It has been 11 months, I have lost 35 pounds, the journey has been exhilarating and I encourage you to do the same you will not regret it..... I promise.

BUYER BEWARE!!!! This book is a disappointment. I paid \$10 for the Kindle version and am already bummed. I'm just into the first part of the book " only to learn Bracco is pushing another product (\$200! for this liver cleanse) " shame on you Bracco! (another actress who sold out to pushing an expensive product) I gave this one star only because I've always liked Bracco, but that's the only reason why. So let me save you some \$\$ for the book and the time it'd take you to read it " go to www.tothefullestbook.com and buy this \$200 cleanse she raves about. Follow the guidelines we've all already heard about " don't eat sugar, dairy or gluten " eat things as close to their natural state as possible (i.e., stay away from processed foods) " oh yeah, and exercise! That's it! I can pass this on to you for free. You're welcome.

When I heard about this book I was very intrigued but alas I feel it is just another gimmick of sorts. I really believe that a liver detox is a good idea but I'm not sure if the plan outlined here is the best approach. Specifically, I am not a proponent of taking all the supplements required during the outlined program. It appears this is another way to sell supplements via the author's web site even though the book does suggest other brands. But what I am really amazed at is the COST!!! Through the author's website, it's \$200! Through other brands, it's still at least \$150. I think a liver detox is when we quit eating for awhile to give it a rest so why not fast for a day or two with juice and/or

water? I gave the book 3 stars because there is some good nutritional information. Thanks for reading my review

The book gives a lot of good advice on healthy eating. However, after being on it for 5 days now, I don't see anything different about my health, or weight, even though I've followed everything to the letter. There is no support if there are any questions and no answers are given.

Beware of the "science" in this book. The middle chapters are all about removing toxins from the body (a popular myth), cleansing organs (ditto), and eliminating gluten and soy (unless you're in the tiny minority of people who are sensitive, both foods are extremely healthful). But, I enjoyed the book because Lorraine Bracco's an inspiration. She'd suffered the same weight gain, lethargy, and feelings of worthlessness that often plague post-menopausal women, yet she learned how to become fabulous again. At age 61, she's gorgeous -- her complexion absolutely glows -- and she's physically fit and energetic. I skipped past the liver-purge chapters and focused on Bracco's journey from living in sweatpants to loving and being comfortable in her own body. She gave me the push I'd needed to eat healthfully, work out regularly, and swap those sweatpants for flattering clothes.

Seems like sound advice, coming from someone at my place in life(late 50's woman), simple enough to adjust to your circumstances and does motivate to change some things up. The cleanse does make you feel great and I now do get back to cleaner eating whenever I stray off too much - you then know what effect processed has on you. I shared my hard copy and bought kindle version to continue to refer back to - that much good info/plan.

Good book. Funny and informative at the same time. It's a good way to start you on the right track. This book has things in it that will help you , even if you don't follow this plan all the way. Every little bit of info helps.

I was inspired by Lorraine Bracco on the Today Show. We are similar height, weight, age, body type. I just needed to lose 35 pounds. So bingo, I purchased the kindle version. An enjoyable read. I need the "cheerleading".the kindle version advises using 2 scoops of the protein powder. The instructions in the Liv4mor booklet say 1 scoop. Which is it?

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