



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.

From the Hardcover edition.

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Myron Abbott:

Exactly why? Because this *The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life* is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book possess such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

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