



The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health

By Becky Hand, Stepfanie Romine

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From the experts behind the *New York Times* bestseller *The Spark* and the creators of SparkPeople.com comes *The Spark Solution*, a breakthrough two-week diet program deemed one of the "Best Diets" by *U.S. News & World Report*. Designed to help you lose weight and optimize your health, *The Spark Solution* is a dynamic, comprehensive, and proven program.

With an introduction by Chris Downie, founder and CEO of SparkPeople, this day-by-day guide combines the latest data and strategies on nutrition, incredibly delicious recipes, and essential workouts. The experts at SparkPeople designed this easy-to-follow regimen to deliver effective and sustainable weight loss.

Thousands have already tried it, lost weight, and discovered a path to healthy living. SparkPeople has taken all the questions and bumps in the road out of the equation with *The Spark Solution*. There is no better way to lose weight and no better time than right now. Let these first two weeks transform your life.

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Editorial Review

Review

“Weight-loss wit and wisdom drawn from thousands who have benefited from SparkPeople.com’s 15 million member community. Self-coaching tips along with a holistic balance of nutrition and exercise tools creates a powerful foundation for reaching your goals and sticking with them... for a lifetime.” (**New York Times Best-Selling Author Dr. Pam Peeke, MD, MPH, FACP**)

From the Back Cover

Your Days of Dieting Are Numbered

America's number one weight-loss website, Sparkpeople.com, delivers a breakthrough two-week diet program called one of the "best diets" by *U.S. News & World* report. *The Spark Solution* offers everything you need to turn your body into a lean, mean, calorie-burning machine. If you've had false starts, if you've tried to diet but given up, if you've lost weight and gained it back, finally there's a lasting solution.

With incredibly delicious, healthy recipes that enable you to eat the food you love, customizable workouts perfect for your busy life, and daily tips and inspiration that will motivate you to succeed, *The Spark Solution* is scientifically proven to deliver results in just two weeks.

About the Author

Becky Hand, R.D., L.D., M.Ed., is the head dietitian for Sparkpeople.com, the country's largest healthy-living website. She lives in Indiana with her husband and two children.

Stepfanie Romine, editorial director at Sparkpeople.com, is a certified yoga teacher and former journalist. She lives in North Carolina.

Users Review

From reader reviews:

Sharon Rowe:

Information is provisions for those to get better life, information nowadays can get by anyone in everywhere. The information can be a information or any news even a huge concern. What people must be consider any time those information which is inside former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one often the resource are convinced. If you have the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All of those possibilities will not happen with you if you take The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health as your daily resource information.

James Walton:

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Mary Buss:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the reserve untitled The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health can be very good book to read. May be it could be best activity to you.

Kenneth Garrison:

Do you really one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Aim to pick one book that you never know the inside because don't assess book by its protect may doesn't work here is difficult job because you are frightened that the inside maybe not because fantastic as in the outside seem likes. Maybe you answer might be The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health why because the great cover that make you consider in regards to the content will not disappoint a person. The inside or content is actually fantastic as the outside as well as cover. Your reading 6th sense will directly direct you to pick up this book.

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