

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

**Marco Borges**

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## **DESCRIPTION OF THE BOOK THE 22-DAY REVOLUTION : THE PLANT-BASED PROGRAM THAT WILL TRANSFORM YOUR BODY, RESET YOUR HABITS, AND CHANGE YOUR LIFE**

THE "NEW YORK TIMES" BESTSELLER Now in paperback the 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 to lead a healthier lifestyle, to lose weight, or to reverse serious health concerns, including high cholesterol, heart disease, high blood pressure, and diabetes. Exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies including Jay-Z, Jennifer Lopez, Pharrell Williams, Gloria Estefan, Shakira, and Beyonce, who is such a supporter that she partnered with Borges to launch 22 Days Nutrition, his plant-based home-delivery meal service. Inside, you'll find motivating strategies, tips for staying the course, delicious recipes, and a detailed 22-day meal plan, all designed to help you live the life you want, not just the one you have."

## **THE 22-DAY REVOLUTION: THE PLANT-BASED PROGRAM THAT WILL**

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The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life - Ebook written by Marco Borges. Read this book using Google Play Books app on your PC, android, iOS devices. Home » Books » Health and Fitness » The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life [Marco Borges, Timothy Andrés Pabon, Beyoncé Knowles-Carter, Dr. Dean Ornish] on Amazon.com. \*FREE\* shipping on qualifying offers. The 22-Day Revolution : The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life by Marco Borges (2015, Hardcover) 8 product ratings 4.6 average based on 8 product ratings The 22-Day Revolution : The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life by Marco Borges (2015, CD / CD, Unabridged) As you become more used to eating plants, and start to really feel the benefits, your new habits will become second nature, and it may soon become hard to imagine that you ever ate a different way. The 22-Day Revolution program is a 22-day intensive program built to reset your body and mind. The plant-based program, which Beyoncé and husband, Jay Z, have been following since late 2013, promises to "transform your body, reset your habits, and change your life." Following the success of Beyoncé and Jay-Z's 22 Day Vegan Challenge that inspired thousands from around the world to adopt a plant-based diet, Marco wanted to give more insight into how to transform your life in just 22 days with a plant-based lifestyle. While Ryan Holiday's book led to emotional transformation, The 22-Day Revolution: The Plant Based Program That Will Transform Your Body, Reset Your Habits and Change Your Life by Marcos Borges. A groundbreaking program for creating a plant-based lifestyle, designed to transform your mental, emotional, and physical health in just 22 days. If you want lose weight, if you want to be fitter and stronger than ever before, The 22-Day Revolution is the answer! Founded on the principle that it. The 22-Day Revolution : The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life.. life. In The 22-Day Revolution, Marco.

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