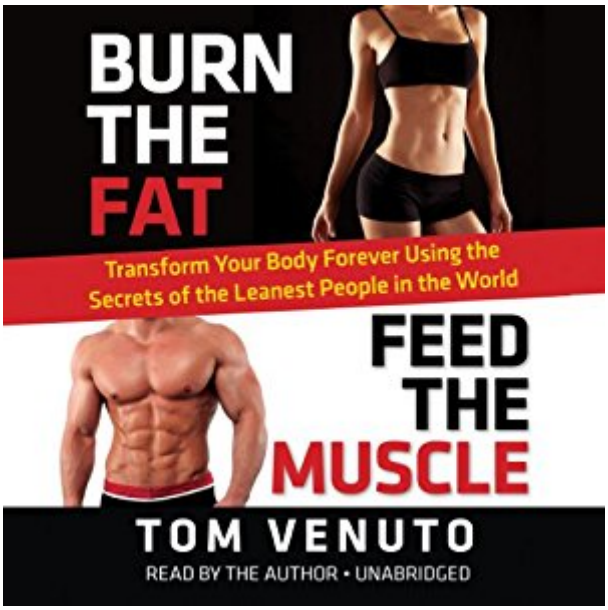
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Burn The Fat, Feed The Muscle: Transform Your Body Forever Using The Secrets Of The Leanest People In The World



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Synopsis

A smart, energizing program to help you shed fat, build muscle, and achieve your ideal body in just 30 days! A huge success as a self-published e-book, Burn the Fat, Feed the Muscle is the bible of fat loss that will help anyone to get his or her dream body. Tom Venuto has created a program using the secrets of the world's leanest people, although it's not about getting ripped; it is about maximizing your fat loss through nutrient timing and strategic exercise. This totally revised and 25 percent-new book includes a never-before-shared plan that will make it even easier for everyone to achieve amazing results.

Book Information

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Customer Reviews

This is my go to book for everything I want to know about getting in shape, loosing fat and eating healthy. I have even given this away as a gift. To give some background Tom's website: [..]his books have helped me drop over 100 lbs. and go from Morbidly Obese to a winning bodybuilder in less than 3 years. I am now 59 1/2. It can be done. This book is mostly highly recommended as well as the audio version of it.Update on my progress. Coming up in January 2017 with the help of the Burn the fat website and this book I have kept off all the fat I lost and now I am a competitive 60+ Masters Bodybuilder. There are many books that can help you loose weight but this is the only one I know of that is the book that can help you keep the fat off.

After reading this I can see why many people refer to it as 'the bible' of fat loss. Indeed, the book is thorough in every department and answered many questions I'd never got round to figuring out for

myself. There are however one or two things I'd like to pick at, if I may, which I'll get to in a bit.Firstly, the book is well structured. It's split into four sections; mindset, nutrition, cardio and weight training.Mr Venuto is correct to point out that for anybody to make a body transformation, individuals must first have an important emotional reason to want to do so. By retaining an emotional need, you're more likely to stick with anything, not just a body transformation program.It is the nutrition section that is by far the bulk of this book and goes into such incredible detail as to leave no questions unanswered. I'd often tried the 'protein dripping' approach, eating small amounts of protein at very regular intervals. The book has change my mindset on this slightly in that I may have been overkilling it somewhat. I'd also been making the cardinal error of, for many years, training on only oats, instead of oats and protein - No more. If anything, this section is worth the price of the book alone.The cardio and weight sections are also very thorough, although admittedly, for me, I didn't learn a great deal of new stuff here other than a fresh approach and training method which I'll put into practice eventually.One of my major problems with the training regime was that for leg days, it only leaves three days for recovery before the next leg day. I've always required a minimum of four but hopefully, with my new nutrition plan, this will be mitigated somewhat and I understand that this won't be a problem for everybody.My biggest problem with the book, and it's quite a big one is as follows: The author states that it's not really possible to burn fat while gaining muscle at the same time. While yes, this is the truth, at least on some levels, it needn't be. It's true that fat burning and muscle building require your body to be in two opposing states, either a calorie deficit or a calorie surplus respectively. And while yes, this approach does work, there is indeed a way you can have both. At no point in the book does the author mention 'positive nitrogen balance.' Where you can be in a calorie deficit yet still build muscle because you're in a positive nitrogen balance.I believe that HIIT 'high intensity interval training' can also aid you in this and yes the book does go into some detail about HIIT. However, I believe this could have been pushed more, to help the muscle building and speed up the fat loss in an even shorter period of time. HIIT is an essential element to fat burning and muscle building and can seriously speed up the process and I think the author could have pushed this more rather than relying on long 45+ minute cardio session when a more intense and shorter HIIT workout would do the job far better and faster, with added resistance training of course.In conclusion; this book IS the bible of fat loss, but should be read in conjunction with one of the existing HIIT books to give you an even greater understanding and motivation at transforming your body quickly and healthily. My recommendation isHIIT - High Intensity Interval Training ExplainedÃ Â by James Driver which is a highly entertaining and enlightening 'bible' as well.5 stars for Mr Venuto

I came across BFFM in eBook form about 7 years ago when it was recommended to me by members of a video exercise board that I used to frequent. I bought it and read it but didn't follow it all to the letter. I stuck to the diet advice only at that time because I felt like that was what I needed the most. I have come back to it from time to time over the years and have just recently realized how valuable all of the content is. The mental training, visualization, constant attention and daily reminder of your fitness goal is absolutely crucial to success and nowhere else have I seen that element stressed as strongly as it is here. Becoming a body builder or fitness model is not what readers of this book are necessarily seeking. I know I am not. Ridding the body of excess fat, getting stronger and fitter, keeping away from processed foods, and achieving the goal of becoming healthier is what it's all about for me. And this book will help get you there.

I have been looking for a book that included nutrition as well as exercise suggestions. I had no idea this book would entail as much as it did as far as the breakdown between carbs, proteins, and fats. This book breaks down nutrition guidelines and meal ideas better than anything I've ever read before. It also includes a nice section on lifting with examples included as well as pictures. It's exactly what I was looking for, and I look forward to seeing what progress can be attained by finally having a better understanding about some of the reasons behind fad diet failures and sustainability risks and finding something that's more sustainable for everyday life.

This book is the real deal. Tells you step by step what you need to do to not only lose weight, but to lose weight the RIGHT way. Too many people pay attention to the scale alone, but that's only part of the picture. You want to burn fat! After reading this book I completely changed the way I eat, and man did I see a difference! I lost 10 pounds in 3 weeks and am looking and feeling better than I have in a long time. And not only did I lose weight, but I am keeping it off. I highly recommend this book to anyone who is willing to put in some work, and have it completely rewarded!!

This has been my go-to guide for fitness, nutrition, and even motivation for years.What I love about this book is that it transcends health and fitness with motivational strategies that work in all aspects of life. I use the goal-setting techniques for anything I wish to achieve, whether it's fitness-related or otherwise.Tom Venuto is a stickler for backing up his fitness and nutrition claims with science -- he actually warns against the enticing pseudo-science that pervades so much of the health and fitness market.I have recommended this book to everyone I know who has ever wanted to be healthier. My

friends are sick of hearing the name "Tom Venuto."It’s an easy, interesting read that will be around for years.

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