



## The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds

By Rip Esselstyn

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### The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds By Rip Esselstyn

Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks.

Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in *this book*. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: \*\*Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite \*\*Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals \*\*Guidelines on menu choices that will allow you to eat out, wherever and whenever you want \*\*Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away.

Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort.

"I've known Rip for more than 20 years. In that time, he's been a great motivator for so many people. This terrific book will inspire all who read it to change their lives and optimize their health." -Lance Armstrong, cancer survivor, seven-time Tour de France champion

"Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His

book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California SF, author, *Dr. Dean Ornish's Program for Reversing Heart Disease*

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## **The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds By Rip Esselstyn Bibliography**

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### **Editorial Review**

#### **Review**

"Firefighter Rip Esselstyn is a life-saver in more ways than one. "The Engine 2 Diet" is an effective, easy-to-follow, satisfying eating plan for even the manliest of men." --Rory Freedman, #1 NY Times best selling coauthor of "Skinny Bitch"

"Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book, "The Engine 2 Diet, " can save your life-whether you're a man or a woman. Highly recommended!" --Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California, San Francisco, author, "Dr. Dean Ornish's Program for Reversing Heart Disease" and "The Spectrum"

"I've known Rip for more than 20 years. In that time, he's been a great motivator for so many people. This terrific book will inspire everyone who reads it to change their life and optimize their health." -Lance Armstrong, cancer survivor, seven-time Tour de France champion and founder of the Lance Armstrong Foundation

"Rip Esselstyn has lived a hero's life and shares his commitment to good health in this inspiring book. With an easy step-by-step plan, loads of practical tips, and wonderful recipes, this is the ultimate guide to health and long life." --Neal D. Barnard, M.D., Adjunct Associate Professor of Medicine, George Washington University School of Medicine and author of "Dr. Neal Barnard's Program for Reversing Diabetes"

"The leading cause of death in firemen? That's right, heart attack! Rip Esselstyn is not just saving people's lives fighting fires, but he is saving lives among his fellow fireman. Rip makes healthful eating and exercise fun and doable." --Joel Fuhrman, M.D., author, *Eat For Health and Eat To Live*

#### **About the Author**

Born in upstate New York, Rip Esselstyn grew up in Cleveland, Ohio, and studied speech communications at the University of Texas, Austin, where he was an All-American swimmer. After spending 10 years as a professional triathlete, Rip joined the Austin fire department in 1997. He now travels year-round lecturing and giving seminars on the Engine 2 lifestyle. He is the author of *The New York Times* bestseller *The Engine 2 Diet*. Visit his website at [www.engine2diet.com](http://www.engine2diet.com).

### **Users Review**

#### **From reader reviews:**

##### **Amy Hewitt:**

The book *The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds* make one feel enjoy for your spare time. You need to use to make your capable a lot more increase. Book can to be your best friend when you getting strain or having big problem along

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#### **Florence Adams:**

Information is provisions for those to get better life, information currently can get by anyone in everywhere. The information can be a information or any news even a concern. What people must be consider whenever those information which is in the former life are difficult to be find than now is taking seriously which one works to believe or which one the particular resource are convinced. If you obtain the unstable resource then you get it as your main information you will have huge disadvantage for you. All of those possibilities will not happen in you if you take The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds as the daily resource information.

#### **Mark Klein:**

This book untitled The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds to be one of several books that will best seller in this year, that is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it by means of online. The publisher in this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this book from your list.

#### **Iva Simmon:**

Precisely why? Because this The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your talent and your critical thinking way. So , still want to postpone having that book? If I ended up you I will go to the reserve store hurriedly.

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