



Mastering the Zone: The Next Step in Achieving SuperHealth

By Barry Sears

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Everyone from Madonna to Howard Stern to the cast of *Baywatch* is in "the Zone" -- and now "Zone"-favorable cuisine is tastier than ever! Dr. Barry Sears, author of the No.1 *New York Times* bestseller and health phenomenon, *The Zone* (more than 600,000 hardcover copies sold!), is back with an exciting new book teeming with tantalizing recipes and insightful information that will deepen readers' understanding of this revolutionary health and fitness program that has become the regimen of the '90s.

Flying in the face of conventional dietary thinking, and after years of comprehensive scientific research, Dr. Sears discovered that "eating fat doesn't make you fat." His phenomenally successful first book, *The Zone*, introduced the world to a groundbreaking health plan that for hundreds of thousands of readers has become the magic key to maintaining a consistent level of physical and mental well-being -- a healthful state known as "The Zone." Now Dr. Sears takes his breakthrough scientific discoveries and stunning success a step further with *Mastering the Zone*, which not only presents delicious, completely original Zone-favorable recipes that are easy to prepare and taste as good as they are good for you, but also offers a practical guide to fine-tuning your place in the Zone.

From entrees to appetizers to desserts, there is something here for every taste and every occasion. Appearing throughout is Dr. Sears' enlightening new information for readers interested in educating themselves further about the Zone -- the health regimen that succeeds where millions of others have not.

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Mastering the Zone: The Next Step in Achieving SuperHealth By Barry Sears Bibliography

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Editorial Review

Amazon.com Review

Barry Sears's 1995-96 bestseller, **The Zone**, changed the way many people look at nutrition and weight loss. Although his plan advocates eating fewer calories and exercising more, it also stresses getting more of those calories from fat and protein and fewer from carbohydrates. Here, he expands on that theory (which is still not accepted in most scientific circles) and offers recipes to help readers put his principles into practice.

From [Booklist](#)

Last year, Sears wrote *The Zone*, which promptly became the latest in a long line of best-sellers telling people why they are fat. The book's complicated premise has to do with insulin production and its effects on mood and weight loss. Even Sears admits in his preface to this new volume that despite the earlier book's sales, "I realize that many readers of *The Zone* still find it difficult to apply the concepts . . . to their daily lives." Well, isn't that lucky for Sears. He can write another book that allows him to explain "the zone" yet again, and this time out, he provides menus, which make up about three-fourths of the book. The recipes look interesting enough, but it's even money whether this explanation of the zone is any easier to grasp than the last one. Still, it's a sure bet that readers, always looking for that elusive way to make the weight disappear, will be eager to fill their plates with a second helping of Sears' advice. *Ilene Cooper*

From the Back Cover

In *Mastering the Zone*, bestselling author Dr. Barry Sears reveals that the first step on the road to SuperHealth is just a single meal away. What is SuperHealth? SuperHealth is a permanently enhanced quality of life: looking better, feeling better, strengthening the immune system, and slowing down the physiological aging process. Whether you're a Zone veteran looking to get more out of the program or a newcomer interested in getting into the Zone, *Mastering the Zone* gives you the secrets and signposts you need to take your health to an elevated new level.

Users Review

From reader reviews:

Robert Grant:

As people who live in the actual modest era should be upgrade about what going on or facts even knowledge to make all of them keep up with the era which can be always change and progress. Some of you maybe will probably update themselves by reading books. It is a good choice in your case but the problems coming to you actually is you don't know what one you should start with. This *Mastering the Zone: The Next Step in Achieving SuperHealth* is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

Doris Stanford:

The ability that you get from *Mastering the Zone: The Next Step in Achieving SuperHealth* may be the more deep you searching the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to recognise but *Mastering the Zone: The Next Step in Achieving*

SuperHealth giving you excitement feeling of reading. The author conveys their point in particular way that can be understood through anyone who read that because the author of this publication is well-known enough. That book also makes your personal vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having that Mastering the Zone: The Next Step in Achieving SuperHealth instantly.

Rodolfo Odum:

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Mastering the Zone: The Next Step in Achieving SuperHealth, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

Ruth Paiz:

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