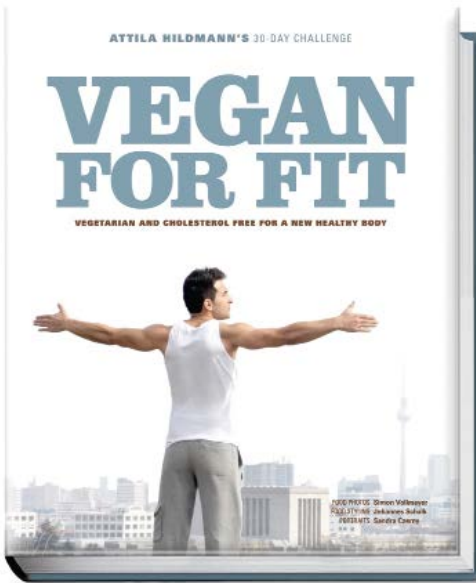


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Attila Hildmann

VEGAN FOR FIT

Attila Hildmann's 30-Day Challenge

English

264 pages

Photos: Simon Vollmeyer, Sandra Czerny

Food styling: Johannes Schalk

Large format: 23.5 x 28 cm (9¼ x 11 inches)

139 photos, hardcover with dust jacket
plus an accompanying insert with Challenger
interviews, and before and after photos

ISBN 978-3-95453-012-0

U.S. Retail Price: \$39.99

CONTENT

A diet sensation, fitness program, and fountain of youth

Attila Hildmann's recipes are inspiring huge numbers of people who always wanted to do something for their health, but were never able to follow through. With Vegan for Fit, everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers. Losing a significant amount of weight is not the only thing you will experience. Totally doing without those things that are questionable, such as hydrogenated fats, cholesterol, animal hormones, artificial coloring, emulsifiers, and empty calories, will significantly improve your metabolism and lead to a totally new, healthy body.

Vegan for Fit is one of the diets today that is richest in vital substances. Attila Hildmann, an aspiring physicist and nutrition specialist, has created a plan based on modern scientific findings which all agree that a balanced, plant-based diet is the best way to effectively protect yourself against heart attacks, cancer, strokes, and other diet-related diseases.

HIGHLIGHTS

- ★ The healthiest diet ever
- ★ Has repeatedly been Number 1 on bestseller lists
- ★ More than 150,000 copies sold in a year

AUTHOR

Attila Hildmann

Since 2011, Attila Hildmann has revolutionized the German-language cooking and diet book market, which is the second largest in the world after the U.S. Attila is now one of the most popular talk show guests and can be seen in the media almost every day. His own transformation from a lazy chubby guy (Attila about himself) to a model athlete in top physical form has led people to follow his example – after all, it was his father's early diet-related death that motivated him to take action. Attila Hildmann's recipes are inspiring huge numbers of people who always wanted to do something for their health, but were never able to follow through. He has revolutionized vegan cuisine with his message that a vegan diet is not only healthy, but also full of variety, creative, and delicious.



- ★ Delicious recipes plus a well-balanced exercise program
- ★ Thousands of amazing before and after photos and videos on YouTube and Facebook

