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[Choose More, Lose More for Life \(2013\) is a carb-cycling diet written by Chris Powell from Extreme Makeover: Weight Loss Edition. It's the sequel to Choose to Lose \(2012\), with alternative cycles.](#)

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If you haven't read Choose to Lose, I'd actually start with that one. He says he simplified things in this new book but I actually find it to be more complicated. The recommended exercises in the earlier book seem like a better fit for a beginner.

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Chris Powell's Choose More, Lose More for Life by Chris Powell (May 7, 2013)

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