

Weight Loss Principles

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Synopsis

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My intention is to give you the tools so you can achieve any goal you want physically. The content of this book will be explained using simple language to be understood as quickly as possible and change your life immediately. This is a flexible and varied style that is adaptable to your everyday life. Have you ever wondered why most people carry from five to 20 pounds of visceral fat, a figure above the average ideal body fat, without getting rid of it? There can be only one reason: Our bodies need this stored fat to survive.

Reader's comments

comment 1:

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