

BODY CONFIDENCE BY MARK MACDONALD



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Mark is the author of the New York Times bestseller Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential. Mark is also married to the love of his life, Abbi, and they are the proud parents of their son, Hunter, and baby girl, Hope.

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Mark MacDonald Author of Body Confidence

Mark MacDonald is the author of Body Confidence (3.73 avg rating, 225 ratings, 21 reviews, published 2011), Why Kids Make You Fat (3.62 avg rating, 32 ra

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Body Confidence creator Mark Macdonald knows that weight loss doesn't happen in a vacuum, and he has made room for real life at every stage of this program. Along the way, you'll be introduced to some of Venice Nutrition's extraordinary success stories, and learn how to stay on track no matter what life throws at you.

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Body Confidence Mark Macdonald E book

Say goodbye to feeling disappointed with your body Body Confidence is the highly anticipated fitness book from world-renowned Venice Nutrition Program founder Mark Macdonald. Macdonald's targeted series of diet and fitness strategies are proven to burn body fat, boost energy levels, increase muscle mass, and eliminate sugar cravings for a better looking, better feeling body today.

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Mark MacDonald's Body Confidence Helps You Burn Fat Around

Mark MacDonald is the creator and CEO of Venice Nutrition, an online program for fitness and weight loss. MacDonald has helped people improve their lives through nutrition and exercise for years, and his new book, Body Confidence, showcases the same elements of his extremely successful Venice Nutrition program.

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