

## **CHOOSE MORE LOSE MORE FOR LIFE**



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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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8 CHOOSE MORE, LOSE MORE FOR LIFE In my eleven years as a personal trainer and fitness expert, I've learned something really big: Dropping pounds and getting fit aren't really about diet and exercise. I'm going to hand you the real keys to losing weight.

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