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Celebrity Trainer, Host of an A&E Hit TV Show, New York Times Best Selling Author of the book FIT 2 FAT 2 FIT and creator of the 60 Day Keto Jumpstart, Drew Manning shares his own Fit2Fat2Fit journey from fitness trainer to leading authority on living a Keto lifestyle!

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### **Fit2Fat2Fit Diet Review**

This book details Drew Manning's journey to gain and lose 75 pounds on purpose to better identify with his clients.

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Fit2Fat2Fit by Drew Manning (2012): What to eat and foods to avoid. by Penny Hammond. on May 30, 2013.

Fit2Fat2Fit (2012) is a weight loss book written by a personal trainer, describes his journey from fitness, putting

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### **Fit 2 Fat 2 Fit Diet Review Is It Effective**

The Fit2Fat2Fit Diet book is a great story and if you are looking to get motivated, then at \$25.99 this is the book for you. However, it should be noted that Drew Manning was never out of shape before he got that way on purpose.

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