



Waist Disposal: The Ultimate Fat Loss Manual for Men

By John Briffa

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Waist Disposal: The Ultimate Fat Loss Manual for Men, John Briffa, A refreshing antidote to the bewildering mass of information on diet and fitness, "Waist Disposal" gives you all the tools you need to leave calorie counting and strict regimes behind, and get the body you've always wanted. A practical and easy-to-apply approach, it delivers no nonsense - just pure, hard facts and long-lasting results. Are you carrying extra weight, especially around the midriff, that you'd like to get rid of? Are you confused by conflicting and contradictory weight-loss information, and just want something that really works? In this book, Dr John Briffa draws on hundreds of scientific studies to debunk popular myths about diet and exercise, and reveals the most effective way to lose fat and build an athletic physique. Learn which foods cause fatness - irrespective of calories - and which foods don't, how to harness the power of your mind to accelerate your progress, and how to get fit and toned with just 12 minutes of exercise a day.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**