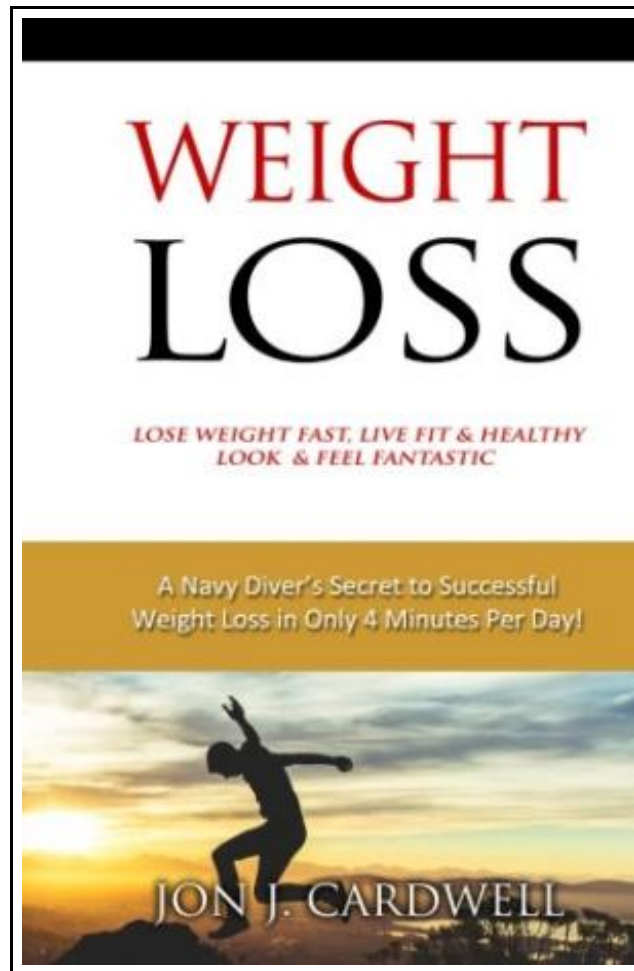


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.HAS WEIGHT LOSS BEEN A STRUGGLE? In 2015, Americans are eating less, yet, getting fatter! Look, there s no quick fix; no magic bullet, promising the world and delivering nothing better than a waste of time. In fact, there s no one system designed to help absolutely everyone. Your body is unique from every one else, even if you re a twin. Even if this system isn t for you, you ll benefit from some excellent info. If you ve had it with the games and you re serious when it comes to losing weight and burning fat once and for all, then you want to get a copy of this book. DID YOU KNOW. YOU RE THE EXPERT? You truly are the expert when it comes to your health fitness. No one else has ever lived in your body. No one knows your body like you. A doctor, nutritionist or fitness trainer may know bodies, but they don t know YOUR body. In this revealing engaging weight loss book, Jon J. Cardwell shares this one important truth among many. you re the boss. The power is in your hands. If you ve failed from diet programs in the past, one of the big reasons may be because you ve given control to the experts. Just because something has been working for them, it doesn t mean it will be working for you. Jon, a former Navy diver, a man who suffered from ALS-like symptoms for over six years, had in the past fallen into the trap of following the latest, the greatest, the newest fitness gimmick to come along. After years of trial and...

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