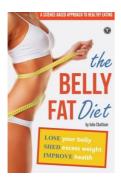
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Rockridge University Press. Paperback. Book Condition: New. Paperback. 140 pages. Dimensions: $8.8 \text{in.} \times 5.8 \text{in.} \times 0.5 \text{in.} 1 \text{ AMAZON BESTSELLER}$ Despite what the headlines on the newsstands claim, getting rid of belly fat and achieving a flat stomach is not a ten-minute transformation; its a lifestyle transformation. Belly fat increases your risk of heart disease, diabetes, and other chronic illnesses. With The Belly Fat Diet you can get rid of your belly fat permanently, and finally achieve the flat stomach youve always...

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