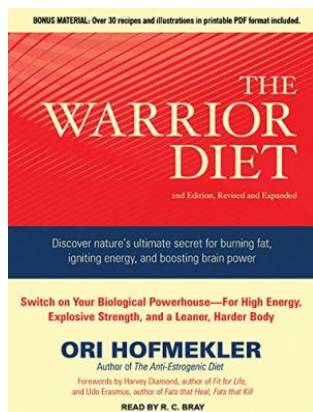


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# THE WARRIOR DIET: SWITCH ON YOUR BIOLOGICAL POWERHOUSE FOR HIGH ENERGY, EXPLOSIVE STRENGTH, AND A LEANER, HARDER BODY



Tantor Media, Inc, United States, 2013. CD-Audio. Book Condition: New. Unabridged. 192 x 136 mm. Language: English . Brand New. Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution-to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet...

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- Authored by Ori Hofmekler
- Released at 2013



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